The Health Careers Academy (HCA) is an intense and rewarding six-week residential summer academy held at The Natural Sciences Department at Western New Mexico for incoming high school sophomores, juniors, and seniors from across Southwest New Mexico. HCA is designed to help strengthen American College Testing (ACT) scores and enhance math, science, and language skills. The program will challenge students by balancing a rigorous curriculum with service learning and health career exploration. The program is residential. Dormitories and meals will be provided.

**HCA has so much to**
- Over 80 hours of math, science, and language instruction
- Lab instruction equivalent to a 101 level course held in the WNMU Natural Science Department.
- 60 hours of ACT preparation and practice exams
- CPR training and dissections
- Presentations from HMS and other health care professionals, and resident learners
- Cultural diversity training
- Service learning and community immersion
- Outdoor experiences such as rock climbing and bike tours
- Health education (basic nutrition, diabetes, stress management).
- Daily stipend. Students have the potential to earn up to $1000

**DUAL CREDIT ELEGIBLE**
Earn four college credits!

**What will a day at camp be like?**

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**HCA -Sample Weekly Schedule**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 10:00</td>
<td>HCA</td>
<td>HCA</td>
<td>HCA</td>
<td>HCA</td>
<td>HCA</td>
</tr>
<tr>
<td>10:00 - 11:30</td>
<td>English</td>
<td>Math</td>
<td>English</td>
<td>Math</td>
<td>Leadership and Advocacy Training</td>
</tr>
<tr>
<td>11:30 - 12:30</td>
<td>Tutoring</td>
<td>Science</td>
<td>Tutoring</td>
<td>Science</td>
<td></td>
</tr>
<tr>
<td>12:30 - 1:30</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
<td>LUNCH</td>
</tr>
<tr>
<td>1:30 - 2:30</td>
<td>ACT English</td>
<td>ACT Math</td>
<td>Cultural Competency Training</td>
<td>CPR Training</td>
<td></td>
</tr>
<tr>
<td>2:30 - 3:30</td>
<td>Career Exploration</td>
<td>Presentation by a Health Professional</td>
<td>Tour of HMS Facilities</td>
<td>Service Learning</td>
<td></td>
</tr>
<tr>
<td>2:30 - 3:30</td>
<td>Outdoor Activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Questions regarding the application or program details can be directed to Mindy Sandoval at Forward New Mexico**

575-534-0101 ext. 2112  
asandoval@hmsnm.org

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Calling all high school students!  
Do you want to have a career in the medical field but don’t
Am I eligible?

- New Mexico resident
- Demonstrate interest in pursuing a health career
- Minimum GPA of 2.25 on a 4.0 scale
- Parent permission
- Proof of health insurance or Medicaid
- Must be a current freshman, sophomore or junior in high school, current seniors are encouraged to apply to Undergraduate Health Sciences Enrichment Program (UHSEP)

Student Expectations

- New Mexico resident
- Demonstrate interest in pursuing a health career
- Minimum GPA of 2.25 on a 4.0 scale
- Parent permission
- Proof of health insurance or Medicaid
- Must be a current freshman, sophomore or junior in high school, current seniors are encouraged to apply to Undergraduate Health Sciences Enrichment Program (UHSEP)

HOW TO APPLY FOR HCA

Applications can be found at:


A complete application includes the following:

1. A student application form (can be found on the UNM Office for Diversity website or link above)
2. A copy of your high school transcript(s): One unofficial copy of transcripts from all high schools that you have attended
3. ACT or Pre-ACT Scores (if applicable): include a copy of your exam score(s), if not listed on your transcript(s)
4. A two-page essay that answers the following questions:
   - Why are you interested in health?
   - What contribution will you make to the program and other program participants?
   - How will your future education impact you, your family, and your community?
   - Which two colleges are you most likely to attend and why?
5. Two recommendations using the Recommendation Form on the application, At least one letter should be from someone who can evaluate your character and academic performance, such as a professor, teacher, counselor, principal, mentor, employer, or volunteer supervisor. The second letter can be of your choosing. Recommendation forms must be in a sealed envelope with the writer’s signature across the seal on the back of the envelope.

Send Completed Application to:

UNM School of Medicine Office of Diversity
MSC08 4680
1 University of New Mexico
Albuquerque, NM 87131-0001

Forward New Mexico is a program of Hidalgo Medical Services