



## Advanced MedQuest Breakdown of Program Hours

**Total number of hours:** 96 hours, including sleeping time

**Waking hours:** 64 hours (remainder of waking hours not counted as academic hours include meals, travel time to and from job shadow locations and recreation/breaks. During this time students continue to engage in personal development, develop social skills and often spend time discussing career options with staff.)

**Academic program hours:** Approx. 32 hours

Healthcare career exploration: 24.25 hours

Skill: Vital Signs – 1 hour

Skill: Medical Terminology – 1 hour

Careers: Job Shadowing – 6 hours

Careers: Surgery via Telemedicine - 4 hours

Careers: Pathology – 1.5 hours

Skill: Suturing and Sterile Technique– 1.5 hours

Skill: Casting – 1.75 hours

Skills: Cultural Competency and Ethics – 3 hours

Careers: Nursing Simulation Lab – 3.5 hours

Other skill/career workshops - 3 hours

Review/ Reflection – 1 hour

Preparing for College and Careers: 1.5 hours

College Admissions - .5 hour

Q &A with Medical Student Staff – 1 hour

Personal/Leadership development: 7 hours

Teambuilding – 2.5 hours

Job Shadow Training – .5 hour

Writing Thank You Notes – 1 hour (.5 each night)

Group Activity – 3 hours