



MedQuest Breakdown of Program Hours

Total number of hours: 120 hours, including sleeping time

Waking hours: 71 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. 40 hours

Healthcare career exploration: 28.5 hours

Skill: Vital Signs – 1 hour

Skill: Medical Terminology – 2.5 hours

Careers: Job Shadowing – 12 hours

Skill: IV's and Injections – 1 hour

Careers: Public Health – 1 hour

Careers: Rehab Careers – 1 hour

Skill: CPR – 3 hours

Skills: Cultural Competency and Ethics – 1 hour

Careers: Nursing Simulation Lab – 1 hour

Other skill and/or career workshops TBD – 4

Review/ Reflection – 1 hour

Preparing for College and Careers: 5.5 hours

Preparing for College – 3 hours

College Admissions - .5 hour

College Financial Aid with VSAC – 1 hour

Q &A with Medical Student Staff – 1 hour

Personal/Leadership development: 7 hours

Teambuilding – 1 hour

Job Shadow Training – .5 hour

Writing Thank You Notes – 2.5 hours (.5 each night)

Group Activity – 3 hours