EMPLOYER THE MONTH: AREA HEALTH EDUCATION CENTER (AHEC)

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Area Health Education Center

Since 1993, Gladys Cronfel Keene has been the acting Executive Director of the Mid Rio Grande border Area Health Education Center (AHEC).

She has been a practicing physician, specializing in Allergy/Immunology since 1975. During the past 15 years, she worked on a part-time basis as the executive director of the AHEC center. Gladys Keene has focused on meeting the mission of the AHEC which is to enhance the quality of life of our communities by increasing the number of health care workers in the region, enhancing academic resources and support to health care providers and fostering a healthy lifestyle. The AHEC links students to health careers, health professionals to academic resources and communities to healthy living. Having worked as a physician in this community for over 35 years, Keene, has been aware of how limited our resources have been in the past in the area of health care work force as well as state of the art technology.

In the last 15 years, the Center has served as a hub for the development of professional training programs and resources in our region by working with our local Partners in Education: City of Laredo Health Department, County of Webb, Doctors Hospital, Laredo Medical Center, Gateway community Health Center, Tri-county Medical Society, UISD, LISD, TAMU, LCC, Mercy Ministries, regional representative from neighboring counties as well as representation from the health professionals of our communities.

In 2000, seven years after this coalition began working with University of Texas Health Science Center at San Antonio (UTHSCSA), the Laredo Campus Extension of the UTHSCSA was inaugurated.

“The most challenging part of this job has been to provide an opportunity through the AHEC Center for all stakeholders in health care in our community to come and work together to plan for the health care needs of our region,” Keene states.

“AHEC is probably the very best kept secret in our community because few people know what the AHEC is all about. Yet, however, in the past 15 years, we have worked with nearly 50,000 students and trainees, from the junior high level of education to the college level and professional level, Keene adds.”

In a recent outcome survey of 565 AHEC “alumni”, the results were amazing. Over 80% of the students that participated in the AHEC programs pursued a four-year college education or beyond and 94% of the students surveyed indicated that the AHEC programs had a significant impact on their career choice.

Cont’d on page 8
Tips from Terry!

Study Beyond a Bachelors’ Degree: Health jobs thrive in Texas: Be prepared!

According to the Texas Workforce Commission's Labor Market and Career Information Department, Health and Education Services employment opportunities grew for the 20th month in a row, this past September (Texas Labor Market Review, Oct 2008; http://www.tracer2.com/admin/uploadedPublications/1896_TLMR-Oct08.pdf). This is good news for all of you who are studying health sciences, especially in questionable economic times like now! Specifically, 38,800 jobs have been added to this industry in Texas alone since September of 2007. Most of the health jobs are in hospitals, child day care, and nursing facilities. Too, although Texas is a big state, you don’t have to go far to find these jobs. In fact, the Laredo metropolitan area has experienced the highest percentage of overall, non-agricultural job growth over the past year, followed by the McAllen-Edinburg-Mission area. Moreover, the Health and Educational services opportunities have expanded the most over this past year within the McAllen-Edinburg-Mission metropolitan. So, if you’re studying to be a health or educational practitioner in Texas, I hope you now have fewer reasons to worry about job prospects.

But, this does not mean you will not have competition for these positions. Many smart students already know that the health field continues to grow, and are declaring their majors accordingly. As such, your degree only minimally qualifies you for a position in the health field. Often, employers seek candidates with experience. Sometimes they even require experience in highly specialized areas. This experience does not have to be paid; however, it does have to be in the area in which you hope to work. Many educational programs help students out by requiring the completion of a practicum or internship in order graduate. This type of experience can be used on your résumé. However, that doesn’t mean you have to stop there. Many opportunities to gain additional experience are out there, such as other internships or a part-time job. What’s more, these employers often like to hire on their interns as full-time employees once they’ve completed their course of study. Talk about getting an edge on the competition!

So, even though our national economy looks dismal at the moment, the health field is one area that looks optimistic here in Texas. Just be sure you are well-prepared to land the health position you want.

2008 G&P Fair Brag Board

This year, the Graduate and Professional School (G&P) Fair on October 20th was great! We had 22 graduate schools represented. Some who attended were Texas A&M College Station, University of Texas at Austin, University of North Texas, and of course, TAMIU. We even had a representative from a school in Pomona, California, Western University of Health Sciences, join us this year. The representatives who were here last year reported an increase in student contact this year. We also had compliments on our staff and students. Go TAMIU!

As part of the fair, we had free snacks for everyone; door-prize entries were also provided for anyone who talked with the graduate school personnel. The top prizes were 10 - $500 scholarships for TAMIU graduate studies, followed by 10 - $140 GRE registration waivers. The drawings were held at our GRE Workshop on Tuesday, October 21st. The following are pictures of our fair, and just a few of our lucky GRE and TAMIU Graduate Scholarship winners!

Congratulations, Claudia Cantu, Maria del C. Perez, Leonor Garcia, and Cynthia L. Gonzalez. We also had several student organizations participate as volunteers in our fair. Accordingly, we would like to thank the following donors and volunteers for their contributions to making this year’s Graduate and Professional School Fair a hit: Donors included TAMIU’s Office of Graduate Studies and Research, TAMIU’s Office of Recruitment TAMIU’s Writing Center, TAMIU’s Student Center, the Princeton Review, Coca-Cola, Smoothie King, Laredo Convention and Visitors Bureau, Macy’s, and Monster.com. Our volunteers were TAMIU’s Sigma Delta Lambda (ΣΔΛ) Sorority, Inc., TAMIU’s Kappa Delta Chi (ΚΔΧ) Sorority, Inc., and TAMIU’s Sigma Nu Delta (ΣΝΔ) Multicultural Co-ed Society. Thank you all very much for your support! We hope to bring a bigger and more exciting G&P Fair to TAMIU next year!
You’re probably wondering to yourself “WHAT CAN I EXPECT IF I GO TO CAREER COUNSELING?” Well, off hand you will need to expect that this will take more than 1 session to help you figure out a direction about where to go. You can expect to come in to talk about some majors or careers that you may have in mind, and say that you are not sure which one to pick. You can also expect to take some assessments (questionnaires) to help match your interests and your personality to a few careers and/or majors that best suit you.

Here is an EXAMPLE of a recent student I helped. She was majoring in nursing, but wasn’t sure that was her calling. She came in, we talked, she took some assessments and these assessments HELPED to match her with certain types of careers, such as social worker, teacher and counselor. We met several sessions to help her explore what she wanted from herself and her career. We looked through more information on each major/career type that she was interested in and talked about what she liked and didn’t like. By the end of the 3rd session after seeing all the options spread out, she realized that the best way she could help someone is in the medical field: this is her goal, her passion, her MOTIVATION.

As for me, I have a few more weeks of interning here at Career Services. All I can say is STOP BY AND VISIT US! Our staff is extremely friendly and they are ready to HELP you, too!

Texas A&M International University Dr. F.M. Canseco School of Nursing Program

The Dr. F.M. Canseco School of Nursing grew from the commitment of the Laredo community to address the unmet health needs of the city and surrounding border area. The curriculum, designed for the special needs of a culturally diverse population, is based on theories of transcultural nursing and human caring. The innovative, community-based curriculum combines mastery of acute clinical nursing competencies with effective community development strategies.

Approval was received in September 1994 for a Baccalaureate completion program for Registered Nurses, and the first students were admitted in January 1995. The RN/BSN program received full accreditation from the Texas Board of Nurse Examiners in May 1996. Following the graduation of the first student and in October 1997, the program earned 5 years Initial Accreditation from the National League for Nursing Accrediting Commission.

To continue please visit: http://www.tamiu.edu/cson/about.shtml
Notes From the Director

Andres Jaime

Department of Veteran Affairs: A Federal Alternative for a Career in Health Services

If you are considering a career in the areas of Health and Science and you are not too sure about what employment opportunities are being offered outside the privately owned hospital setting, we have good news for you: the Department of Veteran Affairs is hiring! The Department of Veteran Affairs (VA) is a federal agency that is dedicated to “provide excellence in patient care, veteran benefits and customer satisfaction.” The VA offers you an alternative to work in the Health and Science field through federal positions in VA hospitals and offices all over the country. The federal government is known as one of the most stable places for employment providing excellent benefits, promotion opportunities and job security to its employees. The federal government is also one of the few sectors that is and will continue to create employment opportunities in spite of what happens with our fragile economy as our Baby Boomers retire and create numerous employment opportunities for years to come.

The VA is a large and prestigious government agency that is not only constantly hiring for a variety of positions but also providing education incentives to its employees. In addition, the VA is constantly working to increase its workforce diversity. Please review a few of the many education programs that the VA offers to current employees and students with the potential of becoming VA employees in the near future:

**Employment Incentive Scholarship Program**
Scholarship awarded to employees to cover tuition costs and related education expenses

*Who is eligible?* Full or part-time employees who have worked at VA for at least a year seeking degrees in certain clinical fields

**VA Learning Opportunities Residency**
Provides opportunities for students to gain clinical nursing experience at the VA

*Who is eligible?* Junior year nursing students in an accredited baccalaureate program

**Student Educational Employment Program**
Students can work at VA as temporary employees

*Who is eligible?* Students pursuing any degree

**Education Debt Reduction Program**
Provides education loan repayments

*Who is eligible?* Newly appointed VA employees (within six months) in hard-to-recruit health care occupations

These are only a few of a comprehensive menu of education benefits and programs the VA offers to employees and students interested in working in the federal field. As you can see, the VA is not limited to hiring students with a nursing or Health and Science majors. The VA also offers employment opportunities to business, liberal arts and other majors as well.

For general information about the VA, click in the link below:
[http://www.va.gov/JOBS/VA_In_Depth.asp](http://www.va.gov/JOBS/VA_In_Depth.asp)

Find out about specific open positions with the VA by visiting their Website at:

After reviewing these links, please visit us at the Office of Career Services for more information. Take advantage of our services to increase your employment application skills and to answer any questions regarding the VA’s application process.
GENERAL INFORMATION

- Nursing is the largest healthcare field. Three out of five nurses work in hospitals. Many nurses work part-time.
- Nursing combines science and technology with the desire to help people. One must enjoy helping people of all types and backgrounds.
- Nursing requires both physical stamina and emotional stability. Nurses must be able to follow orders and direct others.
- Earn a master's degree to prepare for advanced practice nursing including: clinical nurse specialist, nurse practitioner, nurse midwife, nurse anesthetist, and administration. Earn a doctoral degree for research or teaching at a university.
- All states regulate nursing by requiring licensure.
There is an increasing number of aging baby boomers that need medical care, but with 1/3 of the aging nursing workforce preparing to retire and not enough nurses to replace them, this means that predictions of a nursing shortage are coming true. The US Health Resources and Services Administration (HRSA) projects a shortage of 213,500 registered nurses in 2010. By 2020, that number is expected to grow to a staggering 800,000 unfilled nursing jobs.

This escalating shortage is serious but signals a great opportunity for you to pursue a promising career in health care. A nursing career enables you to help where help is greatly needed. The big demand can also translate into nursing jobs with enticing perks and attractive salaries for skilled and qualified applicants.

Registered Nurses Needed To Care for Largest Elderly Population in History

A big factor in this nursing shortage is an aging baby boomer population, which requires more and more intensive health care services as the years go by. In fact, one of the fastest ways to put a nursing career into high gear is to work in areas that serve the elderly. The US Department of Labor projects that sizzling nursing job growth is expected in stroke rehabilitation, Alzheimer’s treatment and general elderly in-home care. Simple population increases in many states are also adding to the demand. Meanwhile, nursing school applicants are down. Plus, as medicine becomes more and more technologically advanced, the need for registered nurses with specialized knowledge will continue to grow by leaps and bounds.

Good News for Registered Nurses with Specialty Training Higher Pay and Less Stress

All this adds up to a huge opportunity for those who’ve considered becoming a registered nurse, and it doesn't have to mean the gruelling hours typically associated with working in a hospital's emergency or critical care centers. In fact, nurses who specialize in travel nursing, in-home care, forensic nursing and a wide range of technologically advanced specialties often enjoy greater flexibility and a slower pace.

According to the Department of Labor, a starting nurse can expect to earn between $30,000 and $45,000 a year, but salaries can ramp up into the mid-$70,000 range, especially for those with education and experience in advanced specialties. On top of that, hospitals, in their endless quest for more nurses, are offering hefty signing bonuses of as much as $14,000. On top of attractive salaries and flexible scheduling, benefit packages can include health insurance, vacation and holiday pay, tuition reimbursements, childcare and pension plans.

When you put it all together, a nursing job might just be the healthiest career choice around.

Source: All Nursing Schools at http://www.allnursingschools.com/faqs/registered-nurse.php
Area Health Education Center (cont’d from p. 2)

As an undergraduate, Keene, attended Our Lady of the Lake College in San Antonio and was graduated with a BA in Biology. She continued at UTMB Galveston, Texas and graduated from medical school; completed a residency in Pediatrics with subspecialty of Allergy/Immunology at UTMB Galveston Texas in 1975. Keen, obtained a Masters in Public Health from University of Texas Health Science Center of Houston, Texas in 1994.

UPCOMING WORKSHOPS FOR STUDENTS AND ALUMNI

Résumé Roundup
Let us help you polish up your résumé at the Résumé Roundup! Provided on a walk-in basis, professional staff will help you format your résumé for your individual needs.
Dates: November 17, 18, and 19
Time: 8:00 am - 5:00 pm
Location: Student Center 114

Interview Skills Workshops
Walk into your interview well-prepared with winning techniques, and tips on what to do before, during and after an interview. Participate in a practice session as part of this workshop.
Dates: November 24 and November 25
Time: 12:00 p.m -1:00 p.m
Location: Student Center 114.

Registration Process
Students can register for these workshops in Dusty Works.
Step 1: Click on this link – https://www.myinterfase.com/tamiu/student/home.aspx
Step 2: Click on ‘Career Events’
Step 3: Find the workshop you would like to attend
Step 4: Register for the event by clicking the ‘RSVP’ (in red) in the left column

For a job in Nursing, attire is very different than a job in the business field. Nurses wear all variety of colors and designs called “scrubs”. Usually all clinics, hospitals, health care centers, etc... have a color theme attire so it makes it easier for patients, and visitors to identify nurses.

There are many websites and local stores to buy scrubs. In Laredo one of the companies that sell for the healthcare profession is:

Laredo School and Medical Uniforms
A huge variety of styles, colors, and sizes here!
Phone: 956-712-2525, 3210 Loop 20, Laredo, TX 78046
Website: www.schoolandmedicaluniforms.com
Email: discountuniforms@yahoo.com
Contact: Nancy
Category: Uniforms, school uniforms, medical uniforms, scrubs, lab coats, etc.
Nursing

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It’s a great time to enter the nursing profession. Not only is there a demand for nurses throughout the United States and around the world, but there are more specialities and career paths available to nurses than ever before. A nurse’s role has always been to focus on the patient as a whole by applying the most effective course of treatment available. Rather than just bedside manner, today’s nurses find themselves more focused on education and prevention than ever before, with the ability to take on increasing leadership roles when managing health resources.

Whether you are already in a nursing program or considering nursing as a career, you will be surprised at the variety of job opportunities available today. Read on to learn what jobpostings uncovered about lesser known and recently developed nursing careers in the four main overlapping areas: Research, Education, Clinical Practice and Administration.

Informatics

Interested in both how information is managed - and improving health care? Passionate about providing efficient use of data in areas like new technology, patient records, and emergency departments...even shift schedules? If so, informatics nursing may be the career path for you. Informatics nurses help other nurses and health care providers manage data so direct patient care can be as effective as possible. The work of an informatics nurse can include the design, development, testing, implementation, evaluation, and enhancement of information management applications, tools, processes, and structures. Informatics nurses can also engage in clinical practice, education, consultation, research and administration.

Tele-Health

Technology is becoming more and more integrated to all professional arenas, and nursing is no exception. Job opportunities exist in long-distance nursing, also known as tele-health. Twenty-four hours a day, over the phone or using a camera and phone, nurses provide advice and care to patients on issues like rashes, back problems or depression. Patients taking advantage of this service receive information about their health, as well as, guidance on which type of care provider and facility is most appropriate for the ailment in question. Nurses are also using the tele-health infrastructure to update their training and communicate with colleagues abroad.

Community Health

Do you like the idea of helping the general public improve and maintain its health? Are you interested in raising community awareness of health risks caused by poor diet, smoking or too much sun exposure? If you enjoy nursing from a general, comprehensive and educational standpoint, a job in public health will suit you. The key responsibility of community health practice incorporates the population as a whole. Typical duties for a public health nurse may include creating and presenting health promotion campaigns, case management of individuals within the community, and coordination of care. A career in community health may also involve immunizing children and adults, coordinating response to an outbreak of disease or giving presentations on specific health issues at public venues and in schools.

Military Nurses

After you complete your training and obtain your nursing licence, you may want to consider a career with the Armed Forces. Entering the military as a Nursing Officer, you will work in a garrison, base Health Care Center, or a Field Hospital in your home country or overseas. Depending on interest, ability and motivation, a wide variety of assignments are available to Nursing Officers, each with significant leadership responsibilities. Military nurses are supported in their efforts to maintain and update their professional skills through avenues like in-service training and conferences. As officers, you will also be required to complete military courses in leadership, management, administration and instructional technique as you achieve greater responsibility and higher rank. For more information visit wwwarmedforcescareers.com.

Nurse Practitioner

Increasing steadily in numbers across the United States, Nurse Practitioners are registered nurses with additional education in health assessment, diagnosis, and management of illnesses and injuries, including prescribing medication. These highly trained nurses provide a range of health services to individuals of all ages, families, communities and groups with a focus on treating patients, promoting health and preventing illness. Within a multidisciplinary team, the Nurse Practitioner role complements those of other health-care providers like doctors, therapists, chiropractors, and audiologists. Nurse Practitioners can specialize in areas like Acute Care, Adult, Family, Adult or Family Psychatrics and Mental Health, Gerontology or Pediatrics.

Clinical Specialists

Within nursing there are plenty of specialties that allow you to delve deep into a chosen medical subject and become an expert in patient care within that given area. Nurses may choose to specialize in geriatrics, pediatrics, cancer, diabetes, cardiac, emergency, psychiatric, medical-surgical and much more. Another example of a clinical specialization is Neuroscience. These nurses receive specialized training to handle patients with neurological problems, which may be caused by injury, stroke, or degenerative diseases like Parkinson’s or Multiple Sclerosis. Neurological nurses, for example, may educate the public, work in a hospital or rehabilitation center or become involved in research on the effects of various treatment regimes.

Relief Work

Regardless of your nursing specialty, if you have a hunger for helping those in need, both you and your patients will benefit if you make relief-nursing part of your career path. Recent disasters like the tsunami in East Asia and the hurricanes in Louisiana, Mississippi and Texas have unfortunately created many opportunities for nurses of all specialties to lend a helping hand. There are also opportunities to travel to other parts of the globe to help in normal day-to-day patient care while sharing your knowledge and experience with new colleagues. A very comprehensive list of opportunities can be found at wwwvolunteerinternational.org.
Logon on to Dusty Works and check out these jobs:

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<th>Position</th>
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<tr>
<td>Regional Coordinator</td>
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<td>Speech Language Pathologist</td>
<td>Laredo Independent School District</td>
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<td>EIPC-Early Intervention Prevention Coordinator</td>
<td>Texas Migrant Council</td>
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<td>Claims Representative</td>
<td>Farmers Insurance Group of Companies</td>
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<td>Auditor-Financial/Performance</td>
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Let Dusty Work for you!
Graduate and Professional School Fair

GRE
Princeton Review met with TAMIU students for a GRE prep exam.