Scrubs Club is a health career exploration program for all high school students. The curriculum is designed to encourage students to build solid futures by actively participating in experiences and hands-on activities that demonstrate to them that continuing their education beyond high school can be meaningful, engaging, and relevant to their future. Scrubs Club consists of engaging and educational lesson plans. Sessions consist of one and one-half hour, activity-based lessons that can be incorporated into daily curriculum, applied as a 3-year, longitudinal, or utilized as an afterschool program.

By purchasing and implementing Scrubs Club into your school, students will ...

• Learn about a variety of health professions as viable career options.
• Learn about the educational requirements, skills, typical job duties, and personal qualities of specific health professionals and para-professionals.
• Learn how to develop a personal resume, budget, and improve communication skills towards building their employment skills.
• Participate in field trips to healthcare facilities, colleges, and health-related exhibitions.
• Enjoy learning about the possibilities for their future.

Catskill Hudson Area Health Education Center (AHEC) is a non-profit 501(c)3 organization dedicated to addressing health workforce shortages in New York State. We offer a comprehensive variety of health career exploration programs and services that target health professional, medical, pre-medical, and students at 7-12 grade levels that include school-based programs as well as off-campus experiences.

Healthcare is the fastest growing industry in New York State. This program is designed to be interactive and exciting, giving students the opportunity to get a realistic, yet fun look at health careers.

For information on our programs or services, please contact our staff.

Scrubs Club received the 2016 AHEC Center Award for Excellence for Health Careers Recruitment from the National AHEC Organization.

Scrubs Club has also been selected by the New York State Association for Rural Health to receive its 2016 Rural Health Program of the Year Annual Award.

Scrubs Club meets New York State Career Development & Occupational Studies Core Curriculum and Learning Standards.

The best time for any student to consider their career options and prepare for their future is now!
Healthcare has and continues to be a vastly growing field and professionals in this field are in high demand.
Scrubs Club’s engaging exercises, hands-on activities, and meaningful field trips will hold your students interest throughout their healthcare career exploration!

Scrubs Club
Pathways to Health Careers

The best time for any student to consider their career options and prepare for their future is now!
Healthcare has and continues to be a vastly growing field and professionals in this field are in high demand.
Scrubs Club’s engaging exercises, hands-on activities, and meaningful field trips will hold your students interest throughout their healthcare career exploration!

Scrubs Club received the 2016 AHEC Center Award for Excellence for Health Careers Recruitment from the National AHEC Organization.

Scrubs Club has also been selected by the New York State Association for Rural Health to receive its 2016 Rural Health Program of the Year Annual Award.

Scrubs Club meets New York State Career Development & Occupational Studies Core Curriculum and Learning Standards.

The best time for any student to consider their career options and prepare for their future is now!
Healthcare has and continues to be a vastly growing field and professionals in this field are in high demand.
Scrubs Club’s engaging exercises, hands-on activities, and meaningful field trips will hold your students interest throughout their healthcare career exploration!
Scrubs Club is an activity-based, health career exploration program that was designed to enhance student knowledge of a broad array of health occupations by having them “test drive” various health careers and procedures through a variety of hands-on activities, meaningful field trips, and thought-provoking lesson plans.

Scrubs Club contains 28, 90-minute health career exploration and life skills lesson plans that are extremely adaptable. The lesson plans can be effectively used in the sequence that best suits the instructor’s teaching style and student’s needs.

The Scrubs Club instructor does not need to have clinical experience to facilitate the program. The success of Scrubs Club relies on the ability of the school or organization to identify an instructor/facilitator who can recruit and organize students and manage this simple, turnkey, comprehensive curriculum.

Scrubs Club is currently being utilized by high schools, at-risk youth programs, afterschool programs, community-based career workshops, BOCES, Science & Technology Entry Programs (STEP), and other Area Health Education Centers throughout the United States, including New York, New Jersey, Massachusetts, California, Connecticut, Indiana, Kentucky, Alabama, Wisconsin, and Texas.

Scrubs Club includes a Student Activities Lesson Plan binder containing step-by-step teaching instructions, health career exploration videos, career ladder posters, and a supplemental toolkit containing all the materials for fun, hands-on activities. Some of these activities include:

- Blood Typing
- Creating a Life Map
- Team-Building Brain Teasers
- Dressing for Surgery
- Rehabilitation and Therapy Exercises
- Sensory Limitation Exercises
- “I’ll Take Nursing for $200 Alex”- Jeopardy Game
- Virtual Hospital Tour
- Medical Wheel of Fortune Game
- And Many More!

Careers that will be explored ...

- Clinical Laboratory Sciences
- Direct Patient Care
- EMT/Paramedic
- Surgical Occupations
- Rehabilitation, Therapy & Fitness
- Administrative & Support Services

Field trips and off-campus experiences ...

- BODIES - The Exhibition
- Hospital Tours
- Simulation Lab
- College Tours

“Scrubs Club provides our students with an array of needed skills for college and career readiness. It also offers exposure to a variety of health careers through field trips, enabling them to observe jobs in the medical field that they may not have known about.”

Michael Tierney, Superintendent, Dover Union Free School District

For additional Scrubs Club information, please visit our website: www.chahec.org where you can find: Scrubs Club 101, Scrubs Club Impact Survey, Press Releases, Photo Gallery, Pricing List, and Order Form. Or call (845) 883-7260.