

# Health Heroes

## Careers in a Case



Charles Sturt  
University



Healthy Heroes uses immersive learning experiences to enable senior high school students to build leadership skills, and to increase awareness of the breadth of health-related careers available to them. Students will get to know the tools of health trades while learning about relevant career opportunities and building their communication and leadership skills.

Students can expect to participate in activities such as:

- CPR training (unofficial)
- Visual acuity and health obstacle course
- Heart health monitoring
- Concussion assessment and balance control
- Microscopy and histology experiments
- Dental impressions
- Virtual reality experiences
- Infection control

Each of the activities is linked to health profession discussions, with the goal of expanding the students understanding of the diverse opportunities available to them in a career in health.

## Health Heroes consists of two key elements in delivery:

### UpSkill:

Senior students participate in and are guided through up to 6 career specific practical activities. The students are led by Three Rivers UDRH staff and Charles Sturt's Rural Health Club members. Each module has a Health Career training package with an imbedded practical activity. They will be equipped with the knowledge skills required to master a module for delivery to a younger year group.

### Skillsharing:

Year 6 & 7 students will rotate through up to 6 health related practical activities, demonstrated by the senior students and supported by Charles Sturt staff and students. Junior peers will engage in all interactive learning experiences. Senior students will enhance their leaderships skills with increased confidence and consolidate their knowledge of health related industries and pathways.

## More about Three Rivers UDRH

This program is part of Three Rivers University Department of Rural Health's (UDRH) activities to improve access for rural people to health courses and to increase the number of rural health students. Three Rivers' activities are aimed towards increasing and supporting our local rural health workforce.

For more details about **Health Heroes**

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For more details about **Three Rivers UDRH**

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## Health Heroes Module Options:

Duration	Inclusions	Student Groups
<b>One Day In-School Health Careers Program</b>	One big day of Upskill and Skillsharing at your school. Great for Schools who just want us to come to them and put on a great show!	<b>Upskill:</b> Years 9/10 PDHPE or Science <b>Skillsharing:</b> Junior high school or year 6 transition day groups We are happy to cater to other interest groups, year groups and subjects
<b>Double Period Masterclass</b>	A modified Upskill program to spend more time talking about health careers to support students making subject selection decisions or thinking about life after school.	Year 10 students prior to subject selection Senior PDHPE and CAFS students, or students considering studying health after school.
<b>Two Day Campus &amp; In-School Leadership Program</b>	In collaboration with Future Moves, we can organise an on-campus UpSkill day and subsequent in-school Skillsharing day. Great for schools in close proximity to a Charles Sturt campus, who work with Future Moves.	<b>Upskill:</b> Years 9/10 PDHPE or Science <b>Skillsharing:</b> Junior high school or year 6 transition day groups We are happy to cater to other interest groups, year groups and subjects

Please contact the team to explore how we can modify the experience to suit the interests and needs of your school.

## Health Heroes Sample Timetable:

Time	Activity
<b>Period 1</b>	Meet and greet <ul style="list-style-type: none"> <li>Health Heroes Introduction</li> <li>Rotate through Activities (staff led)</li> </ul>
<b>Period 2</b>	Up Skill Master class <ul style="list-style-type: none"> <li>Student leaders master 2 x activities of their choice</li> <li>Students leaders choose 6 activities for the SkillSharing day</li> </ul>
<b>Period 3</b>	First junior class rotates through 6 stations* <ul style="list-style-type: none"> <li>Each station takes 6 minutes</li> </ul>
<b>Period 4</b>	Second junior class rotates through 6 stations* <p>*Student leaders will rotate stations with every three junior student groups, leading most activities</p>
<b>Lunch</b>	Lunch
<b>1:30</b>	Pack-up and evaluation

### Interactive Rural Health Careers Module

Explore the different health professionals that keep rural Australia healthy.

**Welcome to the village of Hardy.**  
**It's a wonderful little Aussie village full of great people, but all is not well...**

Using Smart Sparrow technology, students, parents and teachers can do this module at their own pace.

- Three immersive case studies to complete
- Quick interactive activities to keep you engaged
- A choose your own adventure model to allow for exploration in areas of interest
- Developed by academic and health professional staff
- Freely available for anyone to use!

<https://threerivers.csu.edu.au/students/student-resources/interactive-health-career-explorer>