

# Biography

Lynda Hernandez  
Student Success Coordinator  
University of Alaska Anchorage  
School of Allied Health

As a lifelong Alaskan, Hernandez has spent the entirety of her professional career working in health programs for the University of Alaska Anchorage (UAA). Hernandez started her career in student services working with a high school summer program for youth interested in health careers. Since then, she has been committed to promoting the development of health programs in both rural and urban settings.

Hernandez currently works full-time for the UAA School of Allied Health as a Student Success Coordinator. She recruits students for Allied Health programs, provides academic advising to new and continuing students, and organizes division-wide K-12 outreach efforts to promote health careers. She also helps coordinate summer opportunities for middle and high school students interested in health occupations.

# Webinar Funding

## Webinar Funded by the U.S. Department of Labor



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# Improving Student Success in Allied Health Programs at UAA

LYNDA HERNANDEZ

SCHOOL OF ALLIED HEALTH

UNIVERSITY OF ALASKA ANCHORAGE

# A Little Introduction

*Lynda Hernandez*

Student Success Coordinator  
School of Allied Health  
University of Alaska Anchorage



# Presentation Overview



Project History



Identification of Barriers



Development of Goals



Implementation



Words of Wisdom



# The Development of Health Programs *At the University of Alaska*

In more than **250** locations,  
UA has over **4200** health-focused  
students at all levels (pre-majors,  
trainees to doctoral);  
about **1200** complete their  
programs each year





# Denali Trainee Success Project

*Where it all started. . .*

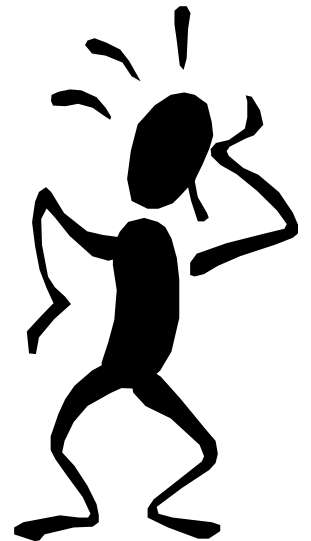
- ▶ Funded by the Denali Commission since 2004 as part of a larger project to develop distance delivered health programs in Alaska
- ▶ Collaborative University of Alaska project
- ▶ Project based on a "Grow Our Own" philosophy
- ▶ More than 1300 individuals were trained in years 1-6
- ▶ Project currently in "Sunset Phase"; funding to end June 30, 2014



# A little bit of history

*Why it all started. . .*

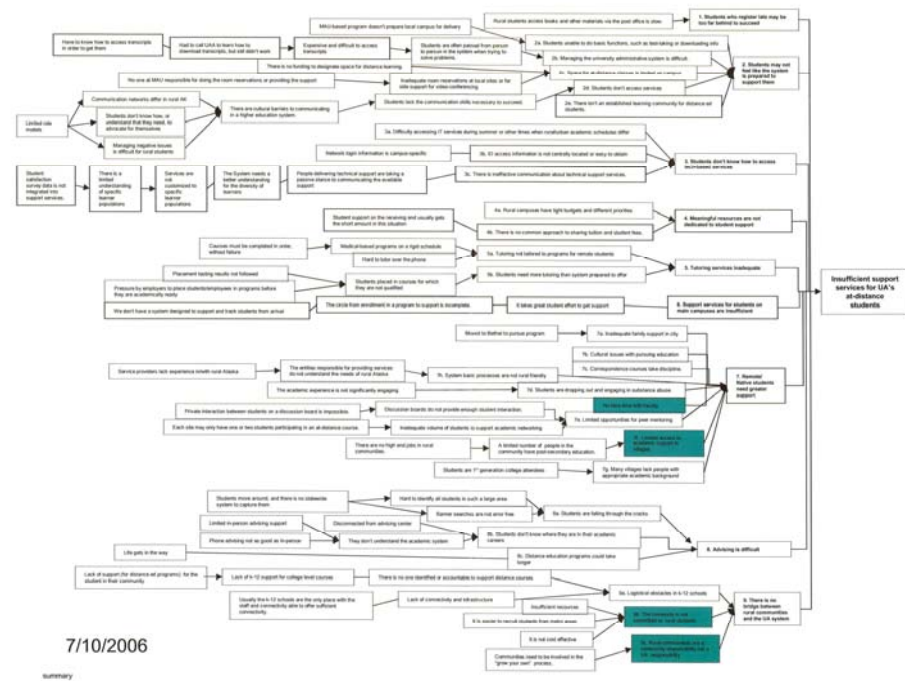
- ▶ Denali Commission funding supported migration of face-to-face courses and the development of new course to an online format.
- ▶ The UA system forged a statewide marketing effort to enroll students
- ▶ **BUT. . . . Enrollment ≠ Student Success**





# Identification of Barriers

- ▶ Root Cause Analysis
  - ▶ Conducted in 2006
  - ▶ Interview of students, faculty, and community stakeholders
  - ▶ Resulted in the identification of barriers to student success





# Identified Barriers

1. Students who register late may be too behind to succeed
2. Students may not feel like the system is prepared to support them
3. Students don't know how to access technology based services
4. Meaningful resources are not dedicated to student support
5. Tutoring services inadequate
6. Support services for students on main campus are insufficient
7. Remote/Native students need greater support
8. Advising is difficult
9. There is no bridge between rural communities and the UA system

**Conclusion:** *Insufficient Support Services for UA's at-distance students*



Bethel, Alaska





# Student Demographics

- ▶ Almost all were from rural Alaska
- ▶ Most were non traditional students
- ▶ Most were working full-time as a health care provider
- ▶ High employee turnover
- ▶ Students had a vast difference in educational backgrounds,
- ▶ And technical abilities
- ▶ Most were did not understand the university language or culture
- ▶ Physical location outside of campus 'territory'

# Our Goals

- ▶ Provide a suite of support services to enable allied health students to be successful.
- ▶ Act as a supplemental instructional system for students.
- ▶ Collaborate with coordinators around the State
- ▶ **Enhance the academic success of students**



## Goal 1

Provide personalized support for targeted remote students in order to enhance their engagement in the university community and support their retention and completion





UAA Allied Health Sciences Division

# Allied Health eStudent Newsletter

Volume 1, Issue 1

December 2006

### Did you Know?

This is the very first issue of the Allied Health eStudent Newsletter. Look for it at the beginning of every month during the school year.

### Important Dates

Finals Week	12/11-12/16
Winter Break (UAA Closed)	12/25-1/2/07
Grades available on WolfLink	12/21
Instruction Begins (Spring 2007 Semester)	1/16
Don't forget to register for Spring classes!	

### Quote of the Month

*"Eighty percent of success is showing up."*

-Woody Allen

## 7 Tips: Prepping for Finals

It seems like only days ago you made it through midterms, and it's finals already? The obvious advice to doing well on finals is: Study. However, here are a few extra tips to aid in your preparation for final exams.

### Before Test Day

**•Stay Motivated.** Few people actually like preparing for and taking a test. Keep it in perspective. How is it going to help you? Will it lead to a better career and better pay? Remember to keep your eye on the prize.

**•Be Prepared.** Your grade is indicative of how well you prepared. There is no substitution for studying. Spend the next couple of weeks maximizing your study potential.

**•Don't Procrastinate.** Easier said than done, right? You can't expect to learn a entire semester's worth of information in one night. Use what time you have left before your final wisely. Spend a couple of hours each day reviewing notes, previous homework assignments and lectures.

**•Learn from your mistakes.** What did you learn from your midterm exam? Use past test, quizzes, and homework assignments to guide your studying schedule for the final.

### On Test Day

**•Feed Yourself!** Make sure to eat a light meal or snack before starting the test. There's nothing worse than when you are trying to concentrate and



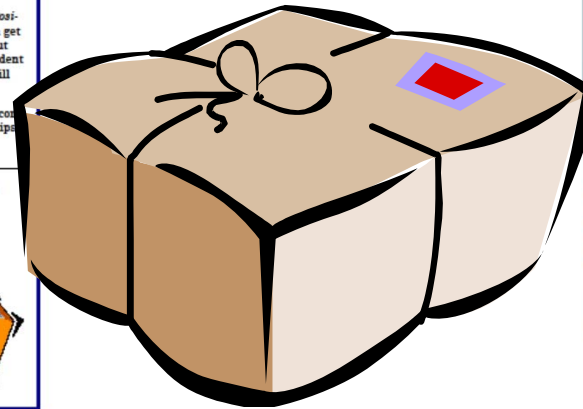
Study hard and good luck on Finals!

your stomach is growling.

**•Get Plenty of Rest.** Busy schedules and late night cramming sessions don't allow for much sleep, but getting a good night's rest can keep you alert and focused.

**•Stay Calm and Be Positive.** Test anxiety can get the best of anyone, but remember to be confident that your studying will pay off in the end.

Go to [How-To-Study.com](http://How-To-Study.com) for additional study tips and strategies.



## Order Textbooks Sooner Rather than Later

Are you taking a distance delivered course next semester? Spring 2007 is over a month away, but ordering next semester's textbooks now could save a lot of heartache in the future. Textbooks can take up to a few weeks to receive. Ordering textbooks in advanced assures that you have your

textbooks in hand before classes begin on January 16, 2007. If you took classes during the Fall semester, check to see if you need to buy a book. Some classes use the same book for multiple semesters. For additional information on purchasing books, go to the UAA Campus Bookstore web-

site at: <http://edit.uaa.alaska.edu/bookstore/>



## IT'S THAT TIME AGAIN



## REGISTER **NOW** FOR FALL COURSES

### PHAR A101 Introduction to Pharmacy (3 credits) CRN: 74946

This course introduces pharmacy practice and the technician's role in various pharmacy settings. The course outlines the history of pharmacy, pharmacy law and ethics. Topics examined include medical terminology, symbols, dosage forms, common drugs and the personal qualities required of technicians.

### PHAR A105 Pharmacology for Technicians I (3 credits) CRN: 74946

This course introduces drug terms, definitions, origins and uses. The course covers factors that affect drug action and adverse reactions. The course provides students with drug knowledge and dispensing information. Topics include pharmacology, pharmacodynamics and pharmacokinetics. The course reviews respiratory, gastrointestinal, urinary system, cardiovascular, recombinant, chemotherapy, nutritional, and CODE blue emergency drugs. This is part 1 of a 2 part course.

### PHAR A107 Pharmacy Calculations (3 credits) CRN: 74948

This course provides students with the interpretive skills to read, decode and process a variety of prescriptions requiring mathematical computations. Introduces the basic concepts needed to calculate oral, parenteral, pediatric and elderly drug dosages. Calculation skills for interpreting intravenous flow rates, and compounding are also included.

To register, go to <http://uaonline.alaska.edu>

For information about registration contact UAA Allied Health Sciences at 786-4894 or Lynda@uaa.alaska.edu

UAA UNIVERSITY of ALASKA ANCHORAGE

907.786.4894



## Goal 2

Provide advising services to help remote students successfully enroll and register, and progress through their chosen health course of study.

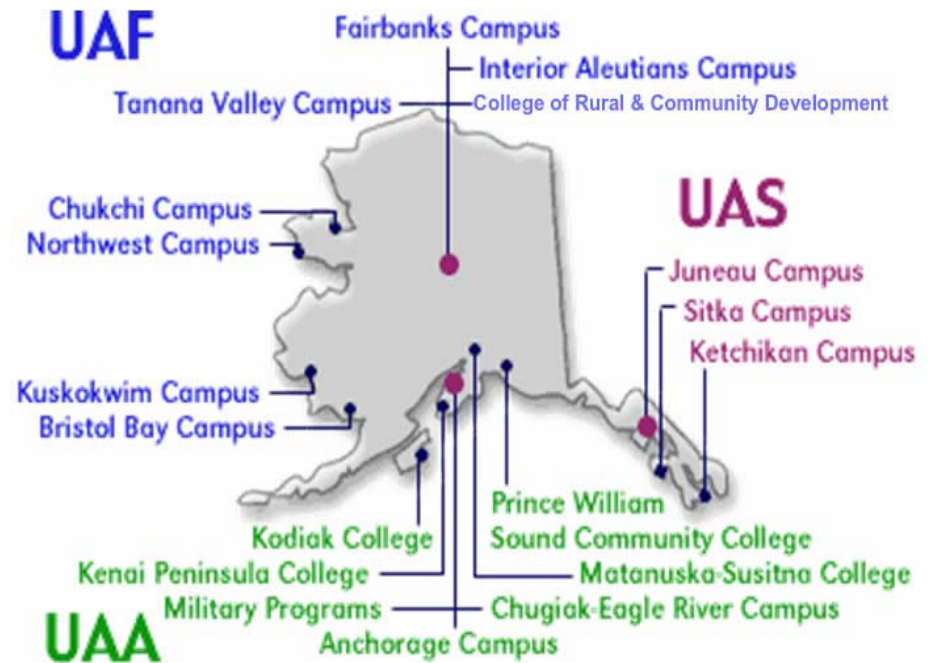
## Goal 3

Assist remote students with technology by troubleshooting, coaching, and referring to other available supports



# Goal 4

Identify system issues





## Goal 5

Identify potential  
remote health career  
students



# Live.Learn.Online.

UAA Allied Health Programs: A Click Away from your Future in Health Care

UAA Allied Health Sciences offers distance delivered Occupational Endorsement Certificates in the following program areas:

- Pharmacy Technology
- Limited Radiography
- Phlebotomy and Clinical Assisting

Our distance-delivered programs offer students:

**PREPARATION** for high demand job fields

**ACCESS** to education regardless of location. Course material available anytime, anywhere the Internet is connected

**FLEXIBILITY** in course scheduling

**COMMITMENT** by faculty and staff for educational excellence and student success

**COMPLETION** in 1-2 years; all OECs are 20 academic credits or under

**PRIORITY REGISTRATION FOR FALL COURSES BEGINS ON**



For additional information, visit [www.uaa.edu/alliedhealth](http://www.uaa.edu/alliedhealth)



HEALTH EDUCATION

# pharmacy technician

## LIVE. LEARN. ONLINE.

at the University of Alaska Anchorage

UAA is an AAACO employer and educational institution

[www.uaa.alaska.edu/ctc/alliedhealth](http://www.uaa.alaska.edu/ctc/alliedhealth)

## Career Pathways to a Bright Future in Allied Health at UAA

Recommended High School Preparation	1/2-1 year Occupational Endorsement	1-2 years Undergraduate Certificate	2-3 years Associate's Degree	4-5 years Bachelor's Degree	Ongoing Professional Development
<ul style="list-style-type: none"> <li>• Algebra</li> <li>• Biology</li> <li>• Chemistry</li> <li>• Computer Skills</li> <li>• Reading and Writing</li> <li>• Interest in Health/Health Occupations</li> </ul>	<ul style="list-style-type: none"> <li>• Clinical Assisting (Lab)</li> <li>• Limited Radiography</li> <li>• Medical Office Coding</li> <li>• Pharmacy Technology</li> <li>• Phlebotomy</li> </ul>	<ul style="list-style-type: none"> <li>• Dental Assisting</li> <li>• Medical Assisting</li> </ul>	<ul style="list-style-type: none"> <li>• Dental Assisting</li> <li>• Dental Hygiene</li> <li>• Fire &amp; Emergency Services</li> <li>• Medical Assisting</li> <li>• Medical Laboratory Technology</li> <li>• Paramedic (Kenai)</li> <li>• Radiologic Technology</li> </ul>	<ul style="list-style-type: none"> <li>• Fire Service Administration (Offered via distance learning with general or biomedical)</li> <li>• Medical Technology</li> <li>• Nutrition Minor</li> </ul>	<ul style="list-style-type: none"> <li>• Dental Assisting</li> <li>• Dental Hygiene</li> <li>• Massage Therapy</li> <li>• Medical Assisting</li> <li>• Medical Laboratory Technology</li> <li>• Pharmacy Technology</li> <li>• Radiologic Technology</li> </ul>

Join us in Anchorage, or prepare for a career without having to leave home

Our on-campus programs offer students:

- Preparation for entry to mid-level health careers
- Option to live and study at UAA's main campus in Anchorage
- Hands-on experience, student work alongside health professionals in real-work situations

On-campus courses available in the following areas:

- Medical Laboratory Technology
- Radiologic Technology
- Dental Assisting and Dental Hygiene
- Medical Assisting
- Fire and Emergency Services

Our distance-delivered programs offer students:

- Preparation for entry-level health careers
- Access to education regardless of location
- Flexible Scheduling
- Access to courses anytime, anywhere the Internet is connected

Distance-delivered courses available in the following areas:

- Phlebotomy
- Pharmacy Technology
- Limited Radiography
- Clinical Assisting in Laboratories
- Dental Assisting
- Radiologic Technology\*

\*Limited delivery sites: Anchorage, Fairbanks, Juneau, Bethel and Bethel  
Distance delivered programs funded in part by the Donald Commons Fund

Contact Us for Additional Information about our Programs:

UAA Allied Health Sciences Division  
321 Providence Drive, AFB 118  
Anchorage, Alaska 99506  
PH: (907) 746-4646, TDD: (907) 746-4646  
[www.uaa.edu/alliedhealth](http://www.uaa.edu/alliedhealth)

## Explore your Opportunities

with the Community and Technical College, Allied Health Sciences Division of UAA

HEALTH EDUCATION AT YOUR FINGERTIPS

Clinical Assisting Pharmacy Technology Dental Assisting  
Radiography Phlebotomy Clinical Assisting Pharmacy Tec  
nology Dental Assisting Limited Radiography Phlebot  
omy Clinical Assisting Pharmacy Technology Dent  
radiography Phlebotomy Clinical Assisting Pharmacy Tec  
nology Dental Assisting Limited Radiograph

## LIVE. LEARN. ONLINE.

at the University of Alaska Anchorage

UAA is an AAACO employer and educational institution

# Advice for Advisors and Coaches

- ▶ Develop a sense of community
- ▶ Be an advocate
- ▶ Be proactive
- ▶ Become a 'maven'
- ▶ Promote self-sufficiency
- ▶ Remember: Success can be facilitated, but cannot be created







## Contact Information

Lynda Hernandez  
Student Success Coordinator

[Lynda@uaa.alaska.edu](mailto:Lynda@uaa.alaska.edu)

907-786-4894