

**LEARN BY DOING.  
DO BY EXPLORING.**

**EXPLORING**<sup>TM</sup>  
DISCOVER YOUR FUTURE

LEARN MORE AT

**EXPLORING.ORG**

**EXPLORING POST FOR THOSE INTERESTED IN HEALTH CARE,  
NUTRITION, PT, NURSING IT & OTHER HEALTH CARE CAREERS.**

Meets every 1st Monday from 5:00pm to 7:00pm at Trinitas  
Regional Medical Center (225 Williamson St. Elizabeth NJ 07202)

**A CO-ED PROGRAM FOR TEENS 14-18 YEARS OLD**

FOR MORE INFORMATION

CALL 908-994-5836 □ EMAIL [Roselena Twyne rtwyne@trinitas.org](mailto:Roselena.Twyne@trinitas.org) VISIT [ppcba.org/programs/exploring](http://ppcba.org/programs/exploring)

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EXPLORING IS ALL ABOUT HELPING YOUNG MEN AND WOMEN IN SIXTH GRADE THROUGH 20 YEARS OLD TO MAKE A MORE INFORMED DECISION ABOUT FUTURE CAREERS AND DETERMINE IF A PARTICULAR CAREER IS THE RIGHT ONE FOR THEM.

TYPICALLY, A YOUNG ADULT WILL EITHER: 1) GET INVOLVED, LEARN ABOUT A CAREER, AND DECIDE TO PURSUE IT; OR 2) LEARN ENOUGH ABOUT THE CAREER TO DETERMINE IT'S NOT THE RIGHT FIT FOR THEM. IT'S BETTER TO LEARN AS A YOUNG ADULT THAT A CAREER IS NOT FOR YOU, THAN AFTER

SPENDING LOTS OF MONEY ON AN EDUCATION ONLY TO THEN DISCOVER YOU DON'T LIKE THE CAREER!

EXPLORING LEADERS VOLUNTEER THEIR TIME TO PROVIDE REAL-WORLD CAREER EXPERIENCES FOR YOUNG ADULTS. EXPLORING IS NOT ABOUT LECTURES AND SLIDE SHOWS—IT'S ABOUT GAINING PRACTICAL EXPERIENCE IN A CAREER FIELD THE RESULT IS A PROGRAM OF ACTIVITIES THAT HELPS YOUTH PURSUE THEIR SPECIAL INTERESTS, GROW, AND DEVELOP.

EXPLORERS GET TO EXPERIENCE FIRSTHAND WHAT IT'S LIKE TO CONDUCT SURGERY; TAKE VITAL SIGNS; EVALUATE AN X-RAY; PROPERLY PUT ON SURGICAL MASKS, GLOVES, AND GOWNS; PRACTICE THE LATEST TECHNIQUES IN PHYSICAL THERAPY; AND MUCH MORE.

## EXPLORERS WILL:

- PARTICIPATE IN HANDS-ON PROJECTS
- DEVELOP WORK EXPERIENCES TO BEGIN BUILDING THEIR RÉSUMÉ
- LEARN IMPORTANT LEADERSHIP SKILLS
- UNDERSTAND THE IMPORTANCE OF TEAMWORK IN A PROFESSIONAL SETTING
- NETWORK WITH PROFESSIONALS WHO WORK IN THESE CAREERS DAILY AND WHO USE THE LATEST TECHNOLOGY
- LEARN ABOUT THE EDUCATIONAL REQUIREMENTS FOR A CAREER IN HEALTH CARE

## 5 AREAS OF EMPHASIS

CAREER OPPORTUNITIES  
LEADERSHIP EXPERIENCE  
LIFE SKILLS  
CITIZENSHIP  
CHARACTER EDUCATION

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