

Pre-Professional Student Health Organizations

The Organization of Pre-Professional Students (TOPPS)

Michelle Biba



TOPPS is designed to provide information to students who are interested in the allied health fields of Medicine, Dentistry, Podiatry, Pharmacy, Optometry, Osteopathy and Veterinary medicine.

The TOPPS organization has given students the opportunity to receive information about potential graduate schools through special guest speakers that are present at their meetings. Some perks of being a TOPPS member is gaining insight about their potential careers through contacts with the outreach presenters from graduate schools. As a group, members participate in various outreach volunteer positions. Students go out and do beach cleanups, help out with the blood drives on-campus and work at outside volunteer positions in local area hospitals.

This organization is helpful in allowing students to get them-

selves involved with the idea that graduate school is coming up soon and you need to get yourself prepared for the real world once you leave CSULB. TOPPS has been to a number of outside events that are currently working with the student Red Cross organization on campus. They coordinate events that allow students to receive volunteer hours through their organization.

The contacts that you make through TOPPS are extremely valuable for those who are seeking advice or are potentially seeking a volunteer/intern position at local hospitals and/or universities. This organization also takes pride in allowing students to network with other students, professors, and admission agents to talk about classes that they may be taking and offer valuable advice. This club has many benefits to of-

fer to interested pre-med/pre-dental/pre-healthcare positions. They also perform mock interview sessions for students to participate in. This allows students to become comfortable with the interviewing process at graduate schools.

For more information, you can email topps@csulb.edu or attend one of the meetings which are held in **USU-305 every Wednesday from noon-1pm**. Membership consists of filling out an application and submitting a nominal membership fee. It's fun and easy to become a part of-so come on down and check out TOPPS!



HEALTH RESOURCE CENTER, ROOM 268
STUDENT HEALTH SERVICES
CSULB DIVISION OF STUDENT SERVICES

Health Beat

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Special Point of Interest:

The Center in Long Beach and the Long Beach Health Department are the alternate options available for students who can not make the upcoming HIV/STD Testing and Counseling dates in our HEALTH CENTER.

- HIV Testing (only) and counseling is available on the following THURSDAY dates:

06/13 06/20 08/01

- HIV/STD Testing and Counseling are available on the following THURSDAY dates:

07/11 08/08

The Health Science Student Association (HSSA) founded in 1977 enables students to work closely with faculty in planning various activities geared towards disease and health prevention such as health fairs, celebratory events, and fund-raisers. The HSSA strives to provide Health Science students with an opportunity to familiarize themselves with the faculty and other Health Science students to promote lifelong professional and personal bonds within the Health Science field.

The HSSA stresses the importance of networking within the faculty and student population. Networking is the key to getting the best out of Health Science. The HSSA also acts as a support group to those who are new and old to the Health Science major and the CSULB community. Additionally, students who need assistance putting together a schedule for the upcoming semester, there are a number of Health Science students who are ready and willing to offer their support and guid-

ance. Becoming a part of the HSSA is



also a great opportunity to gain new friendships with faculty and students who share common interests in a field that requires communication among a vast number of agencies.

Each semester, the HSSA helps to organize activities and raise money to benefit the Health Science Department. The money raised helps fund health fairs and end of the year celebrations among the Health Science students and faculty. One of the largest Health Science events held during the semester is Career Connection. The main focus of this annual event is to provide employment, internships, volunteer, and network opportunities for

Health Science majors.

HSSA is a great way to interact with other students and make long-lasting friendships. The HSSA also creates an environment for students to utilize their skills to work on projects in and out of school.

If you...

- are enthusiastic about the Health Science field
- can volunteer your time for activities
- are interested in becoming a member of the HSSA

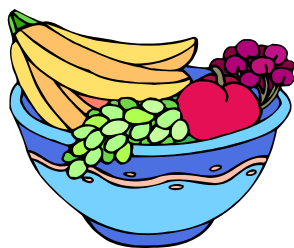
Applications are available at the Health Science Department located in the Health and Human Services Building, Room 115. To inquire about more information regarding HSSA membership, contact the Health Science Department at (562) 985-4057 or log onto <http://www.csulb.edu/org/hssa>.

Meetings are held in PE-057 every other Wednesday from 1:30-2:30pm.

Student Dietetic Association

By Ted Lau

The Student Dietetic Association is a student society that tenders to the complex "world" of dietetics. The SDA is an active participant of nutritional exploration and coherent involvement. Active participation includes various opportunities for students in the field of food science. Membership is welcomed; those interested will not only experience nutritional enlightenment, but also the art of consumer presentation.



The SDA is active in professional development. The SDA has current involvement with an assortment of organizations, such as the American Dietetic Association. The SDA involvement seeks to develop education, promotional events, and practical experience. These events include: Nutristops, Annual Active Steps 10K Run/Walk, Professional Speaker Series, and Kaleidoscope. The SDA is always in constant motion to address the socioeconomic factors affecting American society. Topics may include for example, the introduction of synthetic food products into the American diet such as "Olestra."

The SDA will confront and research of factors affecting the health of the American diet. Nutritional consumption is a "reflection" of our health. Therefore, the importance of dietary intake should not

be neglected.

Diet is an essential part of everyday life. Food administration is a diverse and exciting field. The SDA encourages nutritional advancement. The SDA is located on campus at CSU Long Beach at the department of Family and Consumer Sciences. Interested students/faculty are welcome to apply. Membership for the Student Dietetic Association is available at the department office.

Student Dietetic Association
Family and Consumer Sciences Department
Email: sda@csulb.edu
Website: <http://www.csulb.edu/org/sda/>

Meetings are held once a month in FCS-108.

Health Care Administration Student Forum: Future Leaders in Health and the Community

By Martin Maçh

The Health Care Administration Student Forum (HCASF) chapter at CSULB provides a vehicle for constructive student involvement, recognition, and representation in the profession of healthcare administration. HCASF is an official student chapter of the American College of Healthcare Executives (ACHE). ACHE is an international professional society of nearly 30,000 healthcare executives working towards the improvement of the health status of society by advancing healthcare leadership and management excellence.

The main goals of the HCASF are to develop associations with local and regional healthcare executive groups, enhance academic and career opportunities, advise the Health Care Administration program of student concerns and suggestions for improvement, recommend HCA program scholarship awards, and most importantly, HCASF facilitates student networking and utilizing internships and jobs. Below is a list of some of the events HCASF operates or contributes towards:

- ❖ **Intern Preceptor Reception:** Invites alumni and health care administration practitioners to meet with students. Students meet some of the 50+ preceptors who provide invaluable on-the-job training to HCA students in all sorts of healthcare organization in LA and Orange County and learn about the doors that an internship can open for them.
- ❖ **Annual HCASF Banquet:** Recognition of local health leaders who contribute to CSULB and the community they serve.
- ❖ **HCA student/alumni recognition dinner.**
- ❖ **HCA Scholarships:** Given to students who demonstrate high academic aptitude, extensive volunteering and community service, and significant contributions in health care.

HCASF endeavors to promote an en-



vironment conducive to educational and ethical development of personal and social skills for effective leadership in healthcare organizations – to mold students into future health and community leaders.

Meetings places and times are variable, so, if interested, be sure to stop by or call to find out the agenda:

Applied Arts & Sciences Faculty Office Addition (ASFOA), Room 14

Or Call (562) 985-5694

And ask to speak with Ellie Tumbuan

Also check out their website:
<http://www.csulb.edu/depts/hca/>

Chicano/Latinos for Community Medicine

By Njordia Gonzalez

Are you of Chicano or Latino descent? Are you currently majoring in science, pre-medicine, or any other health-related professions? If so, you just might be interested in joining an organization that will not only help you become successful in school, but will allow you to meet other people who share the same interests as you.

The organization called Chicanos/Latinos for Community Medicine (CLCM) was established to provide students with the opportunity to participate in many health-related activities. Such activities include community service, internships, and research projects. All events are organized to provide the ex-

perience and knowledge that students need as they are learning about their health professions.

The main purpose for this organization is to motivate students to pursue medical or health-related professions and to allow them to become familiar with these professions. For this reason, workshops, internships, employment, and even scholarships are offered. For students, these available resources are especially important to have.

Those interested may attend CLCM meetings, which are held every other Monday from 12-1PM at the USU room 305. Students may also email the organization at CLCM@csulb.edu. or visit their website at

www.csulb.edu/org/clcm/.

Contact the President of CLCM, Ramino Mariano at rmariano@csulb.edu or the advisor, Marjorie Pierce, at mpierce2@csulb.edu

Or stop by the SAS Center F05-113
Or call (562) 985- 4266



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HEALTH RESOURCE CENTER PROGRAMS

ATOD

Alcohol, Tobacco, & Other Drug Use Prevention Workshop will provide important facts regarding substance use and abuse.

SHAW

Sexual Health Awareness Workshop helps enhance your knowledge of contraception, STD's, breast and testicular examination

HIV Testing & Counseling

Free and confidential

Nutrition Counseling

Individual counseling to meet your nutritional needs

Outreach Presentations

Presentations on alcohol, tobacco, drugs, STD's, birth control, and eating disorders are available upon request for all classes.

Men's Health Clinic

Physical exam, laboratory testing and counseling are available for men who are seeking the attention needed for healing their minds and bodies.

Biology Students Association

By Dannie Allen

Listen up Biology majors! If you are a Biology, Biochemistry, Microbiology, or Marine Biology major, then the Biology Students Association is the perfect on campus club/organization for you!

The Biology Students Association is a club designed specifically for all Biology majors at CSULB. Meetings are held on campus at convenient times, club officers are elected and there are projects on campus that also take place in the community. Membership and participation enhances your resume.

So what are some of the typical projects and activities that take place in the Biology Students Association? They get involved and participate in various projects centered in Biology. Projects that the club is involved with include: Chil-

dren's Science Fair, the Biology Students Association web page, Kaleidoscope, Career Seminars, Club Advertisement, Social Gatherings, and Fund Raisers. The breadth of activities is outstanding; there is something for everyone to get involved in. There are so many ways to help children, members of the community, and peers of CSULB, while doing something that you already love and are interested in.

Membership requires you to have a major in Biology, or one of the aforementioned majors in Biology. The meetings are held on **Wednesday's from 12-1:00 pm. Meetings are in the BSA room: Micro 207.** This room is located on the third floor of the building behind PH-2. New members are always welcome!

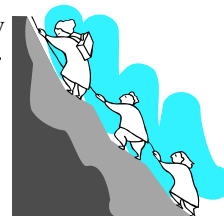
A large majority of the student's that are members of the Biology Students Associa-

tion are preparing for careers in medicine, dentistry, veterinary, etc. This club is perfect for students as a resume builder. The Biology Students Association will get you involved on campus as well as in the Long Beach Community. There are opportunities for leadership positions within the club, and you will be exploring fun areas of science that help others.

Come join the Biology Students Association today! You will make new friends, participate, be involved, and enhance your resume!

***Contact:**

**Dr. Kevin Kelly
@ (562) 985-4294**



The HEALTH BEAT Newsletter is published every month by CSULB Division of Student Services, the Student Health Services, 1250 Bellflower Blvd. Long Beach, CA 90840. Printed in the U.S.A. Copyright© 2002 by the Student Health Services. All rights reserved. Contact CSULB, the division of Student Services, the Student Health Services, the Health Resource Center for subscription (562) 985-4609.

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