



Health Careers Exploration

Location: COS, Visalia

Chairperson:

Steven Holdridge

stevenjamesholdridge@gmail.com

CHECK IN: 9:00 am **CONTEST BEGINS:** 9:15 am

ELIGIBILITY: Eligibility is limited to teams of 4. No individual entries are allowed.

SCOPE OF CONTEST:

In this project students apply what they learn about health careers to create an in-depth pamphlet that informs patients who have a particular disease or disorder about the interdisciplinary team that is likely to contribute to their care.

Students produce the following pieces that will make up their complete pamphlet:

1. An informational profile of a disease or disorder that outlines the symptoms, daily life, treatment, and prognosis for patients with their condition. Students will create their disease or disorder profile with their team.
2. Students will create professional profile sheets to collect extensive notes about six to eight different professionals who people with the condition are likely to encounter. They will gather information from informal interviews, from guest speakers, and from their own research. The professionals will include primary and secondary physicians, supportive caretakers (in areas such as nursing, physical therapy, and psychological and nutritional care), and possibly health informatics professionals. Students will create these professional profile sheets with their team.
3. Notes from interviews with health care professionals who work with patients who have the disease or disorder. The interviews will cover the roles and responsibilities of the professional when dealing with patients who have the disease or disorder. The interview will also cover what basic skills the professional needs in order to do his or her job, and what makes the job a good career choice.
4. The final product will be an in-depth pamphlet targeted to an audience of patients who have the disease or disorder, explaining the interdisciplinary team that they are likely to interface with during their treatment, and how each of the professionals on the team will contribute to the well-being of the patient. The pamphlet will explain the role of each professional in the treatment of the disease or disorder, the setting where the patient is likely to meet the professional (e.g., hospital, clinic, office), the types of diagnosis or treatment the professional will provide, and questions the patient might want to ask the professional.
5. Submit final product via email to stevenjamesholdridge@gmail.com by **Friday, February 20, 2026**. **Subject of email should include School Name and Project Name.** If a project is received but is unable to be identified by school and team members, that project will be disqualified.
6. The top twenty submissions will be invited to compete at the College and Career Expo on March 13, 2026. Invitations to compete will be emailed by March 6, 2026.
7. The top twenty teams will pitch their pamphlet to an invited audience that includes health care professionals on March 13, 2026 at COS in Visalia. The pitch will explain how the pamphlet can be used and encourages health care professionals to offer the pamphlet to their patients. If a team member, or their alternate, is not in attendance the day of the event, that team will be disqualified from presenting.



IMPORTANT INFORMATION:

JUDGING CRITERIA - Pamphlet:

- Content from disease or disorder profile, 6-8 professional profiles, and interviews
- Organization and design features

JUDGING CRITERIA - Pitch:

- Ideas show preparation and clarity
- Voice quality is clear, audible volume
- Eye contact and body language
- Professional appearance
- Ability to influence health care professionals to use pamphlet with patients

EQUIPMENT AND MATERIALS:

To be supplied by contest chairperson:

- Location for the contest and materials for judging.

To be supplied by contestant:

- Ten copies of a final pamphlet developed according to the guidelines above
- A professional pitch that is 3-5 minutes in length.

ROLL:

Will be taken at 9:00am