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### Former AHEC Students Teach the Next Generation

One of the biggest benefits of creating a pipeline of future health professionals is also the creation of our future preceptors and workshop facilitators. As AHEC regional centers continue to offer health career exploration activities for youth in our areas, we often reach out to find assistance from those that used to participate, but now are working as healthcare providers. They often find enjoyment in serving on the other side of the table.

**Jasmin Williams** participated in the ACES program when she attended Park Hill South High School and wanted a career in medicine. She graduated from Truman State University with a degree in Exercise Science and is pursuing her Master's in Health Care Administration while working for AHEC as a Health Career Outreach Coordinator. She is responsible for creating career exploration programs for high school health careers clubs, coordinating workshops for Pipeline and ACES activities, and is developing an oral health workforce program for youth interested in dental careers.

**Amanda Arnold, BSN**, always wanted to be a nurse and her participation in ACES while a high school student at Fort Osage High School solidified her decision. AHEC supported her with exploration activities, career counseling, and college internships. After working as a hospital nurse for several years, AHEC connected her with a rural health network in Lafayette County which now employs her as its Community Health Nurse and Quality Improvement Coordinator. She helps AHEC with hands-on activities and has taught CPR to ACES students.

**Travis Brown**, 4th year medical student at KCUMB, benefited from AHEC activities while he was an undergraduate pre-med student at Missouri Western State University. While at MWSU, he developed sessions for middle school students. Although busy with medical school, he regularly assisted AHEC with hands-on suturing activities and serves on panels to discuss preparation for medical school with high school and undergraduate students.

**Kasey Maag** joined the ACES program in high school and continues while a pre-medical student at Missouri Western State University. She also volunteers in the AHEC office, helping with a variety of projects. Since Kasey is also a patient care tech, she has been very helpful with hands on activities at a number of AHEC workshops.

**Southwest Missouri AHEC** trains their 3rd year students to serve as mentors for high school and undergraduate students in their health career exploration programs. Med students meet their mentees in-person at dissection and suturing workshops and discuss their plans for the future.



*Photo: Former students Ashley Slawson, BSN (left) and Amanda Parsons, BSN (right) teach students vital signs at a recent ACES workshop.*

*MAHEC is a partnership of seven locally-governed organizations and three university-based health professions education programs working statewide to increase the numbers of Missouri youth entering stable, high-paying jobs as healthcare professionals and the numbers of professionals caring for underserved populations.*

*The MAHEC partners include:*

- A.T. Still University – Kirksville
- University of Missouri – Columbia
- Saint Louis University
- Northeast Missouri AHEC – Kirksville
- Northwest Missouri AHEC – St. Joseph
- West Central Missouri AHEC – Lexington
- Mid-Missouri AHEC – Rolla
- East Central Missouri AHEC – St. Louis
- Southeastern Missouri AHEC – Poplar Bluff
- Southwest Missouri AHEC – Springfield

***MAHEC: Connecting students to careers, professionals to communities, and communities to better health***