



ALUMNI REFLECTIONS 2017—2019



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Reflections on the First Adventurers: 2017–2019

Launched in Prince George in 2017, Rotary's *Adventures in Health Care* introduced high school students to real-world health careers through hands-on learning.

Over 100 students in the following three years explored hospital labs, post-secondary workshops, and direct engagement with professionals — delivered by School District 57 Pathways, A.I.M.I.H., the College of New Caledonia, Northern Health, and the University of Northern British Columbia.



Many of those alumni now work or study in nursing, medicine, and related fields, a large majority serving in Northern BC or mentoring new participants.

Their success confirms Rotary's vision: that experiential learning and community partnership can help shape future healthcare professionals.

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I took part in the Adventures in Healthcare program in 2018 as a teenager with plans of following a career in nursing. I came from a family of many generations of nurses and knew that I was caring and compassionate and could take care of people the way nurses do.



My experience in the program ended up being different than my peers; many of which followed through with their healthcare dreams. The Adventures in Health Care program opened me up to a variety of careers I began to recognize I did not fit into, including nursing which required an overwhelming amount of science (a course I failed in). I was overwhelmed with the feeling that I did not belong in this sector, and that I lacked passion for it. I left the program knowing that I would need to re-evaluate all my plans. For the longest time after this I indicated to all who would listen that I hated school, because I never excelled at the academically recognized courses like math and science. I never fit into that box, and I never wanted to attend post-secondary. I excelled in avenues where I could be creative and expressive, where I could feel things and reflect deeply.

Although I hadn't figured out exactly where this might land me for a future career, I decided that would go back to school for social work. When I told people this, I received a lot of resistance because of the lower pay and high stress situations. I still receive this resistance today. However, I decided to go forward with my choice regardless, and fell in love with school. My passion continues to develop with each course I take, and all the knowledge I gain. I know that it is my place and have plans to merge it with my original healthcare ideas. Throughout my social work education, I have developed an interest in grief and loss, additionally, I have always been best at working with children. All this being said, I have plans of pursuing a master's in social work and then working towards a career at a Children's Hospital.

I share my education journey to indicate to youth that it's okay to not feel like you belong in traditional academic spaces. Adventures in Healthcare allowed me to discover **what I did not want to do**, which is incredibly useful information. It helped me find my space in social work and supports my role in advocating for acknowledgment of social workers in healthcare spaces. .

The point of the program is to provide persons with insight and help them make choices regarding their future, rather than show people who are decided careers that they aren't interested in. When I took the program I was a bit undecided, but some years later I have achieved my goal, graduating from UNBC and now working as a nurse at UHNBC.



I am just completing my undergrad studies with the Biomedical program at UNBC, after which I plan to pursue a career in medicine.



The Adventures in Healthcare program I believe solidified so many people's careers in healthcare. Thank you for creating such an amazing opportunity in the North!



I am attending UBC Okanagan in my third year of a Bachelor of science degree with a major in medical and molecular biochemistry.

When attended the program I found it was extremely beneficial in aiding my decision making process in securing in my mind what i would enjoy and see myself doing.

Going into the program, I was 100% certain that I wanted to be a Paediatric nurse. I didn't think there was any way my mind would change, but I was wrong. On the last day of the program I attended



a presentation about what a career in Speech-Language Pathology was like, and my head immediately turned. Once I explored the nursing field during the program, I felt bored and uninterested while practicing IV insertions and bedside protocols. When the SLP's presented their career to me, I couldn't believe it. What do you mean I could make a meaningful career out of playing with little kids and helping them learn to find their voices? It fit me perfectly and the opportunities sounded endless. Not to mention a higher paying salary than a nurse. After that experience, my mind immediately shifted and I began pursuing studies to become a SLP instead of a Nurse. I am now in my final year of graduate school, and in May of 2026 I will graduate and officially become a certified Speech-Language Pathologist. It is all because I attended one presentation, in May of 2019, when I was in grade 11. It changed the whole trajectory of my life!

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ADVENTURES IN HEALTH CARE A ROTARY INITIATIVE

In 2017, one of the first sessions at the College of New Caledonia was in the dental labs. The minute I stepped foot in there and

learned about all the various aspects of dentistry it solidified that I wanted to study dentistry!



I just graduated from UNBC with Bachelor of Health Sciences in Biomedicine. I have been accepted to UBC Dentistry School - class of 2027.

The program allowed me to explore various options in the medical field, which was helpful at the time. I remember knowing that I wanted to be a nurse, but feeling unsure if that



was the right choice for me. I still remember when one of the nursing professors showed us how to take a manual blood pressure and I felt so accomplished doing that simple skill - and I ended up doing that for my OSCE just a few years later! The tours at CNC and UNBC were a precursor into what my future would look like, which was inspiring and intimidating at the same time. Lastly, I was able to connect with so many kind, like-minded individuals during the program; while I don't see or talk to many of the alumni today, it's cool to see what they're up to on social media! I graduated from UNBC in 2022 with a Bachelor of Science in Nursing and am currently employed by Northern Health and working at the University Hospital of Northern British Columbia.

ADVENTURES IN HEALTH CARE A ROTARY INITIATIVE

Going into the program in 2017 I didn't really have a solid focus on where I was going. I just knew what I wanted to do.

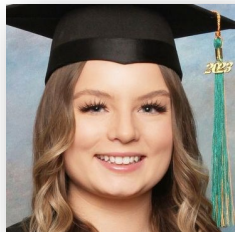


Those four days with like minded people definitely made me think about different programs and exposed me to lots of stuff I didn't know or think about. After finishing high school I

enrolled at UNBC and last year graduated with a Bachelor of Health Sciences (Hons) Degree.

I am now in my 2nd year of Med School at UBCO in Kelowna.

Seeing the university and all that it had to offer in 2017 and experience the atmosphere was inspiring.



Being introduced to a professional environment was something that motivated me to be better in my schooling. Also getting to see so many different careers and opportunities was inspirational.

ADVENTURES
IN HEALTH CARE
A ROTARY INITIATIVE

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I plan to pursue my masters and one day work as a nurse practitioner. When I attended this program, the only thing I knew was that I wanted to work in the healthcare field. At the time, I had never even considered nursing to be a career that I was interested in. However, this program gave me the opportunity to explore all of the meaningful careers that contribute to our healthcare system in BC, and nursing happened to be the one that I was the most drawn to. Now I'm pursuing my degree to become an RN and I owe a part of that to this program. I think that Adventures in Health Care is a unique experience which can help high school students who are unsure of what they'd like to study.

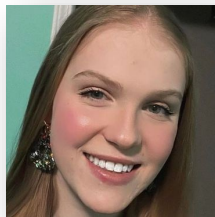


In 2018 I got a good understanding as to what kinds of healthcare professions are out there. I think one of the biggest things I remember is the hands on work with each session. Recently graduating with a Health Science degree Community and Population Health at UNBC, I am continuing my education and have just complete the Diagnostic Sonography Program at the College of New Caledonia.

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In 2018 the four day event helped me to discover nursing and gave me the tools to find a pathway into that worked well for me.



I recently graduated with my nursing degree and am currently employed with Northern Health in Terrace at the Mills Memorial Hospital.

Adventures in Healthcare definitely educated me on the many avenues I could take and how important each job was. Adventures encouraged me to seek out the possibility of becoming a paramedic which still interests me. What I learned and experienced at Adventures in Health Care still holds a lot of real estate in my mind, and it definitely shaped my decisions to get to where I am. Also the application process was super helpful for future jobs!! I recently have become a licensed massage therapist and am enjoying my new life.



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2017



2018



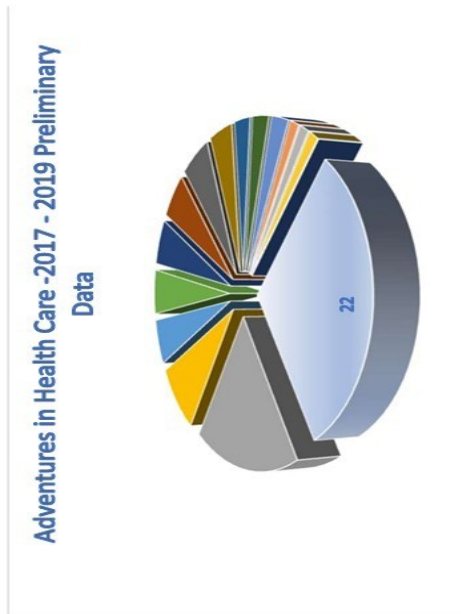
2019

ADVENTURES

IN HEALTH CARE

A ROTARY INITIATIVE

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