

# HEALTHCARE SYMPOSIUM FOR STUDENTS



# AGENDA

01

**Paul Koshgerian, DMD, MD**

The Oral Surgery & Dental Implant  
Specialists of San Diego

02

**Jonathan Shelton, DMD, MD**

The Oral Surgery & Dental Implant  
Specialists of San Diego

03

**Shannon K. Cheffet, DO**

San Diego Sports Medicine &  
Family Health Center

04

**Amy Vu, MSM, ATC, PA-C**

Point Loma Nazarene University

05

**Kara Garcia, DPT, ATC**

Pro To Col Sport Systems

06

**Brian W. Lee, MD**

Kaiser Permanente

07

**Alissa Tuter**

San Diego Unified School District

08

**Andreanna Murphy**

San Diego Unified School District

# HEALTHCARE TODAY



## Impacts of the Pandemic

- Stress
- Lack of PPE
- High-risk encounters on the front lines
- Challenging working conditions

## General Reasons for Shortage

- Shifts in physician and patient populations
- Shortages at rural hospitals
- Limits on medical school and residency programs
- Churn and burnout

## Impact

- Patient to nurse/doctor ratios increased
- Focus on telemedicine, especially for rural healthcare

# HEALTHCARE TOMORROW



## The Need

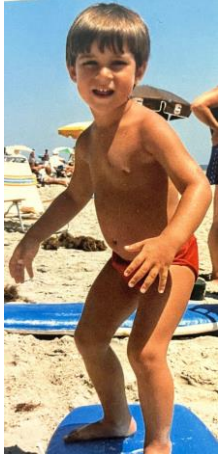
- 15 million health workers by 2030 globally
- 2.3 million new health workers by 2025 to take care of the aging population in USA
- 275,000+ additional nurses are needed from 2020 to 2030 in USA
- 103,000 new openings for physicians and surgeons by 2025, and a shortage of 11,000 skilled professionals for these roles
- Employment opportunities for nurses are projected to grow at a faster rate (9%) than all other occupations from 2016 through 2026
- Physician Assistants (PA) and Nurse Practitioners (NP) will help fill gaps



**Paul Koshgerian, DMD, MD**  
Oral and Maxillofacial Surgeon



# ABOUT ME



**Grew Up:** Lexington, KY

**High School:** Lexington Catholic High School

**Favorite Subject:** History

**Why Medicine?:** Ability to work with my head and hands

**Home:** La Jolla, CA

**Family:** Wife and daughter

# EDUCATION

1

**Rhodes College, Memphis**

Political Science, History, and Spanish

2

**University of Kentucky  
College of Dentistry**

Doctor of Medicine in Dentistry

3

**University of Louisville  
School of Medicine**

Doctor of Medicine  
Oral and Maxillofacial Surgery Residency

4

**Board Certification**

American Board of Oral and  
Maxillofacial Surgery (ABOMS)



**Jonathan Shelton, DMD, MD**  
Oral and Maxillofacial Surgeon





# ABOUT ME



**Grew Up:** Somerset, KY

**High School:** Somerset High School

**Favorite Subject:** Anything science

**Why Medicine?:** Family influence (ortho)

**Home:** La Jolla, CA

**Family:** Wife, daughter, and two dogs

# EDUCATION

1

**University of Louisville**  
Biology

2

**University of Louisville  
School of Dentistry**  
Doctor of Medicine in Dentistry

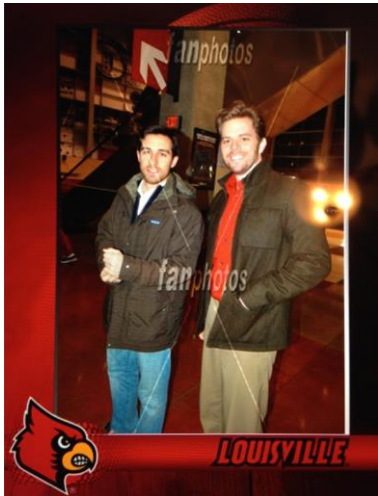
3

**University of Louisville  
School of Medicine**  
Doctor of Medicine  
Oral and Maxillofacial Surgery Residency

4

**Board Certification**  
American Board of Oral and  
Maxillofacial Surgery (ABOMS)

# EDUCATION



# OMS VS DENTIST

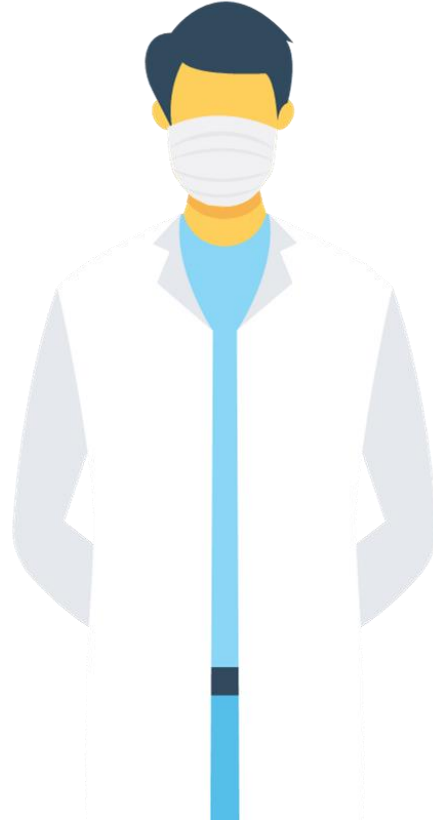
## OMS

### Education

- Bachelor's Degree
  - Dental Degree
- 4–6 Year Surgical Residency

### Procedures

- Dental Implants
- Wisdom Teeth Extractions
- Full-Arch Restoration
  - Bone Grafting
- Tooth Extraction
  - Facial Trauma
- Oral Pathology
  - Jaw Surgery
  - And more!



## DENTIST

### Education

- Bachelor's Degree
- Dental Degree

### Procedures

- Basic Dental Exams
- X-rays
- Fillings
- Crowns
- Sealants
- Root Canals
- Bridges
- Gum Care

# A DAY IN THE LIFE

Consult 1	Consult 2	CP 3	CP 4
Dr. Shelton day		Powell, Alyssa 619-287-5000 Site	Powell, Alyssa 619-287-5000 Tu
		Powell, Alyssa 619-287-5000 Tu	Powell, Alyssa 619-287-5000 Tue Wed - Thu / Pediatric / A&E
		Powell, Alyssa 619-287-5000 Tu	Powell, Alyssa 619-287-5000 Tu
Lunch	Lunch	Lunch	Lunch
Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ
Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ	Powell, Alyssa 619-287-5000 +Δ
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Book	Book	Book	Book

## Dr. Koshgerian

- 5 AM – Wake Up
- Workout (Running/Yoga/Weight Lifting)
- 7 AM – First Patient/4 PM – Last Patient (26–30 pts)
- Business Meetings, Family Time
- 10 PM – Go to Bed



## Dr. Shelton

- 5:15 AM – Wake Up
- Gratitude & Prayer
- 7 AM – First Patient/4 PM – Last Patient (26–30 pts)
- Business Meetings, Workout, Family Time
- 10 PM – Go to Bed

# A DAY IN THE LIFE



## **College: Competitiveness of Programs**

- Appropriate Major/Track/Selection
- Mentor(s)
- Real-World Experience (Industry Specific)

## **Dental: How important studying was...**

- Establishing Habits/Finding Balance
- Time Management
- Importance of Class Ranking

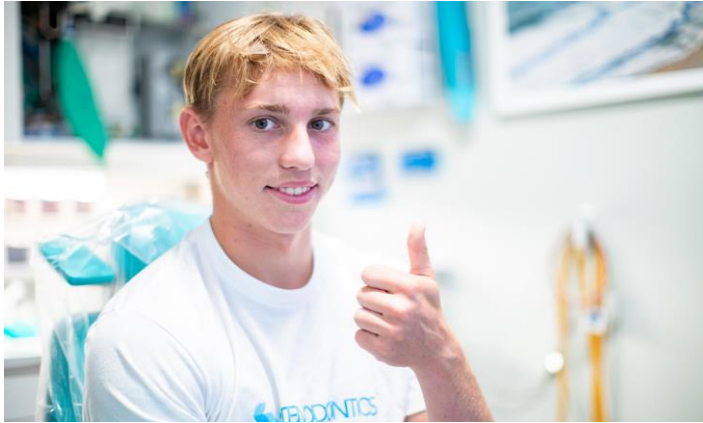
## **Medical/Residency: How fulfilling it would be...**

- Level of Focus
- Personal Sacrifice
- Perspective

## **Private Practice: Everything would be OK!**

- Surgery would be the EASY Part
- Importance of Professional Relationships
- Investment in People (Early)
- How Important Top-Down LEADERSHIP is!

# STEMODONTICS



Harnessing the power of stem cells to prepare for a future of personalized and regenerative medicine.



# STEMODONTICS



Banked stem cells are a time capsule of youthful cells with the potential to renew and regenerate many other cell types in your body.

# GIVING BACK





**Shannon K. Cheffet, DO**



# ABOUT ME



**Grew Up:** San Diego

**High School:** Valhalla High School

**Favorite Subject:** Microbiology and art

**Why Medicine?:** Decided when I was 7 years old

**Home:** Full house in San Diego

**Family:** Husband (pilot in Navy), four kids, two dogs, and two tortoises

# EDUCATION

1

**University of California,  
Davis**

Major – Microbiology

2

**Western University College  
of Osteopathic Medicine**

Doctor of Osteopathic Medicine  
(DO)

3

**Loma Linda University**

Pediatrics and Internal Medicine  
Residency

4

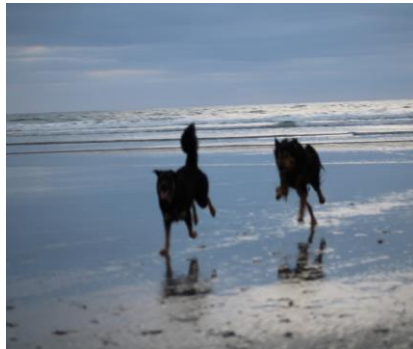
**Board Certified in Obesity  
Medicine, 2021**

# A DAY IN THE LIFE

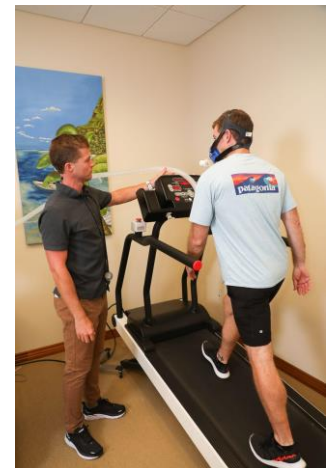


## Dr. Cheffet

- 4:30 AM – alarm goes off, hit snooze average of 4 times
- Workout in my garage/walk the dogs
- Drive kids to school
- Work 9 AM – 5 PM
- Pick up kids from sports practice
- Cook dinner/clean house
- Bed by 10 PM (read a book)



# A DAY IN THE LIFE



## **How fast time will fly ...**

- I would cherish time with grandparents/aunts/uncles
- Play more games with my parents and kids
- Be better about keeping baby books and a list of funny things my kids did

## **The struggle to be a working mom ...**

- No matter which career we choose, we will always feel slightly torn between family and work

## **Travel when you can ...**

- I would have travelled more prior to medical school
- Make lists of places to visit every time you hear of a cool place

## **Serve the community ...**

- Making sure to volunteer whenever possible
- Use the gifts you have to serve others
- One of the greatest ways to strengthen yourself



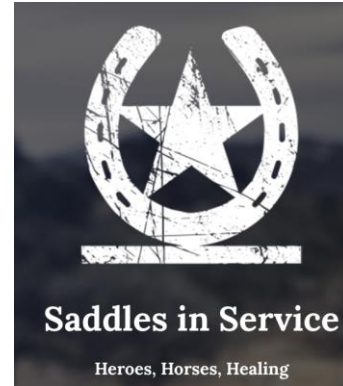
# GIVING BACK



International  
Medical Relief



*National Charity League, Inc.®*



# WORDS OF WISDOM

*"We don't see things as they are, we see them as we are."*

- Anais Nin



**Amy Vu, MSM, ATC, PA-C**

Emergency Medicine Physician Assistant

**POINT**<sup>19</sup><sup>02</sup>**LOMA**  
NAZARENE UNIVERSITY

# ABOUT ME



**Grew Up:** Los Angeles, CA

**High School:** El Camino Real High School

**Favorite Subject:** Science and Spanish

**Why Medicine?:** Expand my knowledge

**Home:** La Mesa, CA

**Family:** Married to an EM Physician, two kids, two dogs, and two tortoises

1

**Point Loma Nazarene University**

B.A., Athletic Training  
1999–2003

2

**Trevecca Nazarene University**

M.S., Medicine: Physician Assistant Studies  
2005–2007

A

**NATA**

Athletic Training Certification  
2003

B

**NCCPA**

Physician Assistant Certification  
2007

C

**NCCPA**

Emergency Medicine Specialized  
Physician Assistant  
2012

# A DAY IN THE LIFE



## Emergency Medicine Physician Assistant

- 6 AM, 12 PM, or 12 AM – Start my 12 hour shift
- Sleep for 6–8 hours, start again
- 3 days on, 2 days off, 2 days on, 3 days off
- 5–10 day vacation every month with my family



## Professor

- 6:30 AM – wake up, sip some warm coffee/reflect and plan my day
- 8 AM – Walk my kids to school
- 9 AM – Arrive at PLNU to teach/meetings/build
- 3 PM – Leave to pick up my kids from school
- 5 PM – Family dinner, neighborhood walk with dogs
- 8 PM – Put kids to bed
- Quality time with husband (or computer work)
- 10 PM – Bed

# A DAY IN THE LIFE



## **How much doesn't matter**

- Work hard
- Be kind
- Help where you can

## **How much I didn't know**

- Remove pressure to choose now
- Give yourself permissions to explore



# GIVING BACK



# WORDS OF WISDOM

*Success is not final, failure is not fatal: It is the courage to continue that counts.*

- Winston Churchill



## **Kara Garcia, DPT, ATC**

Certified Athletic Trainer and  
Licensed Physical Therapist



# ABOUT ME



**Grew Up:** Northern California

**High School:** Del Oro High School

**Favorite Subject:** Math and science

**Why Medicine?:** Injury opened opportunity

**Home:** San Diego, CA, since 2007

**Family:** Husband, two boys, and two dogs

# EDUCATION

1

**San Diego State University**  
Kinesiology (Athletic Training)  
and Psychology

2

**San Diego State University**  
Doctorate in Physical Therapy

# A DAY IN THE LIFE



## Mornings

- 6 AM – Alarm goes off, continue to hit snooze
- 6:30 AM – Kids wake up or make me get up
- Let the dogs out and throw in some laundry
- Get myself, husband, and kids ready for the day
- 7 AM – Everyone out the door

## Evenings

- 5–6 PM – Dinner and bedtime routine
- 7–8 PM – Bedtime
- 8–11 PM – Work, house chores/cleaning

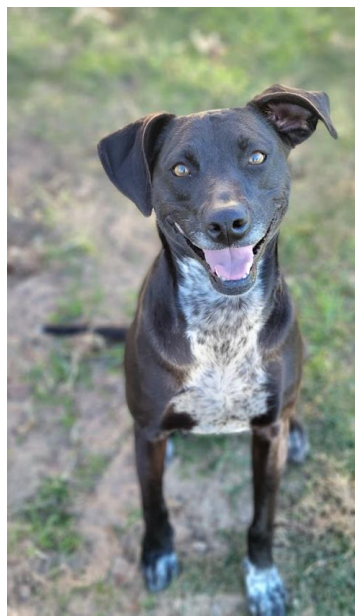
## Work

- Protocol: I work two 12 hour days and a half day
- Contract work: Wherever it fits between family obligations (during school hours, nights, weekends)

## Family

- School pick up; practices and games; family events, birthdays; babysitting

# A DAY IN THE LIFE



# A DAY IN THE LIFE





## **Types of Therapies**

- Physical Therapy
- Occupation Therapy
- Speech Therapy

## **Specialties**

- Pediatrics
- Neuro (stroke)
- Vestibular
- Pelvic Floor

## **Where you can work**

- Inpatient/Hospital
- Skilled Nursing Facility
- In home
- Outpatient
- Schools
- Travel Opportunities
- Sport or Fitness Facilities
- Team

## **Collaboration**

- Doctors (orthopedics and primary care)
- Athletic Trainers
- Massage Therapists Coaches

## **About the job**

- Paperwork
- Insurance
- Pro Sports
- Time Management
- Don't Chance the Money

# GIVING BACK



# WORDS OF WISDOM

*"I've learned that making a 'living' is not the same as 'making a life.' People will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

- Maya Angelou



**Brian W. Lee, MD**

Pediatric Anesthesiologist



KAISER  
PERMANENTE®

# ABOUT ME



**Grew Up:** Palmdale, CA

**High School:** Cate School

**Favorite Subject:** English

**Why Medicine?:** Grew up around medicine, opportunity to help people in a way that's incredibly unique.

**Home:** San Diego, CA

**Family:** Wife, three daughters, and one Shorkie

# EDUCATION

1

**Andrews University**

Major: Spanish, Minor: Biology

2

**Loma Linda University School  
of Medicine**

3

**Linda University Medical  
School**

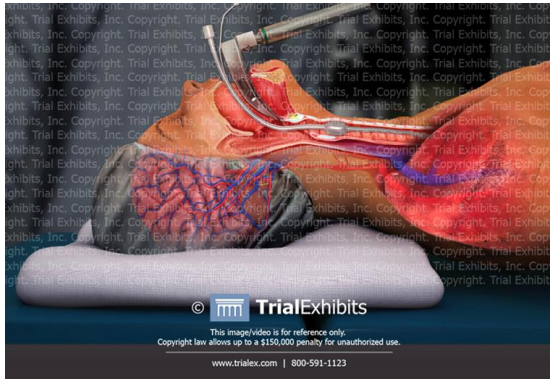
Anesthesia Residency and Pediatric  
Fellowship

4

**UC Irvine Medical Center**

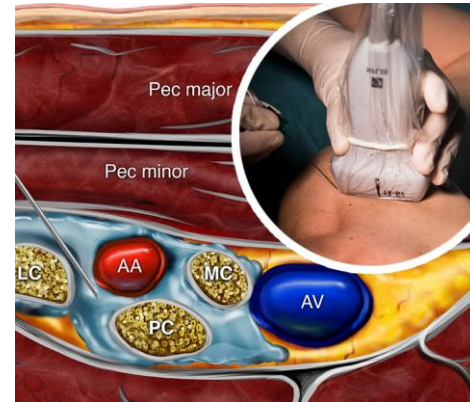
Internal Medicine Internship

# A DAY IN THE LIFE



- 5:30 AM – Wake up
- 5:40–6 AM – Breakfast, coffee, morning devotional
- 6:30 AM–3 PM – Preoperative evaluation of patients, setting up room and medications for surgeries that day
- Hours are variable, usually 1 evening and 1 overnight coverage shift every 2 weeks. Wide range of surgeries and specialties covered: peds anesthesia, obstetrics, ortho, general surgery, etc.

# A DAY IN THE LIFE





## **Appreciate the present.**

- Studying and training felt grueling at times, but difficult times are temporary and worth the struggle in the end.

## **If there are opportunities to take part in something potentially life-changing, take those opportunities when you can.**

- I was able to go to Fiji on a medical missions trip as a first-year student, and I still remember that time fondly.

## **Pursuing a profession in healthcare can make it difficult to balance priorities, but always make time for who and what is important to you.**

# GIVING BACK



La Jolla  
Presbyterian  
Church



# WORDS OF WISDOM

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

– Viktor E. Frankl



**Alissa Tuter**

Head Counselor Office of College, Career,  
and Technical Education



**Andreanna Murphy**

Head Counselor Office of College, Career,  
and Technical Education

# RESUME OBJECTIVES

## What should a resume for high school students include?

- Basic Information: Name and Contact Information
- Objective or Summary Statement
- Education
- Work Experience—paid/unpaid
- Extracurricular Activities
- Community Service or Volunteering
- Awards, Honors, Accomplishments, and Leadership Roles
- Special Skills
- References or Letters of Recommendation

HIGH SCHOOL STUDENT RESUME	
Youremail@gmail.com	Phone
City, State	LinkedIn URL, Website
Motivated student (3.6/4.0) who demonstrates strong work ethic and creative ability. Seeking to apply my graphic design skills and artistic drive as a summer intern at your company. Will leverage proven experience as a competent designer to contribute to company goals and needs.	
EDUCATION	
<b>Santa Monica High School, Santa Monica, CA</b> Senior	
<ul style="list-style-type: none"><li>• <b>GPA:</b> 3.6 / 4.0</li><li>• <b>Relevant Coursework:</b> Intro to Graphic Design, AP Art, Yearbook, Computer Applications</li><li>• <b>Honors:</b> Member of the National Honors Society and National Art Education Association</li><li>• <b>Clubs:</b> Yearbook Club, Santa Monica Newspaper, Spanish club</li></ul>	
MAJOR ACHIEVEMENTS	
<b>Yearbook Club</b> <i>Yearbook Design Team Lead</i> 2015 - Present	
<ul style="list-style-type: none"><li>• Created a Yearbook logo designed to incorporate school mascot and colors; opted to use coated paper in 2016, which improved photo quality and increased profits by 5%</li><li>• Arrange all club photos and pages to correspond to yearbook theme</li><li>• Trained and supervised 2 sophomore students in graphic design</li></ul>	
<b>Santa Monica Newspaper</b> <i>Graphic Designer</i> 2015 - Present	
<ul style="list-style-type: none"><li>• Procured advertising for school paper, saving organization 25% in costs</li><li>• Edited and curated photos used for school paper; increasing readership by 15%</li><li>• Custom design page layouts to fit articles, photos, and advertisements into strict format</li><li>• Contributed to school's online publication by designing page layouts to accommodate mobile screens</li></ul>	
ADDITIONAL SKILLS	
<ul style="list-style-type: none"><li>• Proficient in Photoshop and Adobe Creative Suite</li><li>• Basic knowledge of HTML</li><li>• Basic knowledge of Adobe Dreamweaver</li><li>• Great photographer</li><li>• Keen eye for aesthetics with good understanding of image gradients</li><li>• Intermediate speaking level in Spanish</li></ul>	
AWARDS, HONORS, AND HONORARY MENTIONS	
<ul style="list-style-type: none"><li>• Nominated for Macmillan Prize for Illustration in 2016</li><li>• Submitted artwork to Ocean Awareness Student Art Contest 2016</li><li>• Came in 2<sup>nd</sup> place in the Applied Arts 2016 Student Awards for submitting graphic design work under the category of Advertising</li></ul>	



# RESUME BUILDER

1

Resume Builder makes it easy to take the valuable information students have learned about themselves through assessments, self-reflection, and early experiences, and turn it into a professional resume.

2

Students access this feature from their About Me page.

3

Students also have the option to add new skills, interests, or experiences.

4

Once they're ready, they download their completed resume either as a fully formatted, professional PDF, or as an RTF file if they wish to style their resume their own way.

xello

[Xello Resume Builder](#)

# COVER LETTER

## What should a cover letter for high school students include?

- A cover letter is a formal, one-page document you can send with a resume to explain why you are interested in a position.
- A cover letter is usually three or four paragraphs.
- The cover letter expands on the resume to provide human resources more information about you.
- A cover letter provides a professional approach.

## Sections:

- Date, Name, City, State, Phone Number, and Email
- Hiring Manager Information, Address, Phone Number, and Email
- Greeting
- Opening Paragraph
- Body Paragraphs
- Closing Paragraph
- Signatures

## HIGH SCHOOL COVER LETTER

(xxx) xxx-xxxx

your.name@gmail.com

142 Your Address, City Name, CA XXXXX

[Today's Date]

[Hiring Manager's Name]

341 Company Address

Company City, State XXXXX

(xxx) xxx-xxxx

hiring.manager@gmail.com

Dear [Mr./Mrs./Ms.] [Hiring Manager's Name],

My name is [Name], and I am a graduating senior at San Diego High School. I saw your posting for the [Position] role on [L], and was immediately compelled to apply. My academic and career goals align with the internship's stated objectives, and I am confident that I have the right skills for the job.

In addition to taking business-related coursework like Intro to Business and Entrepreneurship, I served as president of my school chapter's Model United Nations and as secretary of Student Council. Beyond these extracurricular activities, I also actively volunteer at Children's Hospital and the local homeless shelter. Taking on these roles has led to some of my proudest accomplishments, including:

- Greeting and helping new patients and visitors as volunteer information desk assistant at Children's Hospital
- Regularly delivering formal and impromptu speeches at Model UN meetings and conferences
- Planning a schoolwide canned food drive that collected over 400 cans in one month for the local homeless shelter

[Company Name] is an emerging leader in the educational software industry, making your internship the perfect opportunity to grow my understanding of business development. I have no doubt that my unmatched enthusiasm and eagerness to learn can take the internship to new heights.

I've attached my resume, which further details my skills and involvement in the community. Please do not hesitate to reach out if you have any questions about my background. I look forward to the opportunity to speak with you further; thank you for your time and consideration.

Sincerely,

[Your Name]

# COVER LETTER

## Crafting a Cover Letter

### Student Instructions

A **cover letter** is a short letter that goes along with your resume. It explains how your skills and experience make you the best person for the job. Your cover letter should:

- Be customized for the job you're applying for
- Highlight your relevant skills
- Expand on any relevant experience

Check out these [cover letter examples](#) and use the tips below to craft your cover letter and then upload your cover letter draft to your Xello **Assignment** for feedback:

Do	Don't
Introduction:	
<ul style="list-style-type: none"><li>• Include the name of the hiring manager, if available</li><li>• Mention the job and company name</li><li>• Use a friendly but respectful tone</li></ul>	<ul style="list-style-type: none"><li>• Send every employer the same letter</li><li>• Make your intro super long</li><li>• Be overly formal</li></ul>
Body:	
<ul style="list-style-type: none"><li>• Talk about how you can help the employer</li><li>• Include keywords and skills from the job ad</li><li>• Provide details about your skills and experience</li><li>• Tips for including details about related skills or experience:<ul style="list-style-type: none"><li>• Give details about what you did and the value you brought, expanding on what is in your resume</li><li>• Discuss what you learned</li><li>• Talk about the skills you used or developed that is relevant to the position you're applying for</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Write about skills unrelated to the job</li><li>• Include skills or experiences you don't have</li><li>• Repeat your resume details without expanding on them</li></ul>
Conclusion:	
<ul style="list-style-type: none"><li>• Sell yourself</li><li>• Be confident</li><li>• Express an obvious interest in the job or company</li></ul>	<ul style="list-style-type: none"><li>• Be vague or modest</li><li>• Write a generic conclusion</li><li>• Miss your chance to leave a strong final impression</li></ul>



# XELLO COLLEGE PLANNING



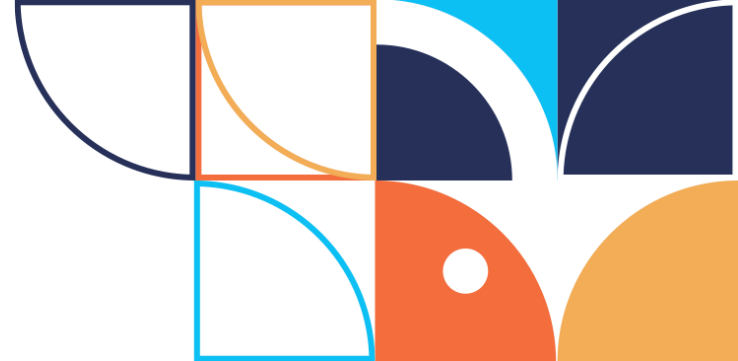
Xello's College Planning Tools can help empower college-bound students to stay organized and on track with college information gathering, planning, and application tracking.

- Students search colleges
- Students create and track college applications
- Search local scholarships
- Request transcripts

Students log in at: <https://clever.com/in/sdusd/>

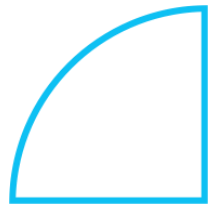
**[College Planning Tools in Xello](#)**

**Questions?**



Application period open from April 4 to May 4, 2023

[sandiegooralsurgery.com/w4w](https://sandiegooralsurgery.com/w4w)



# ACADEMIC ADVANTAGE

## Scholarships

Apply by December 15, 2022

[sandiegooralsurgery.com/academicadvantage](https://sandiegooralsurgery.com/academicadvantage)

**Thank You!**