Dear Prospective SHPEP Scholar,

Welcome! We are pleased you are considering the University Nebraska Medical Center (UNMC) for your Summer Health Professions Education Program (SHPEP) experience.

The SHPEP, established by the Robert Wood Johnson Foundation, is a free six-week summer enrichment program focused on improving access to information and resources for college students interested in the health professions. Hosted at 12 institutions across the nation, the SHPEP aims to strengthen the academic proficiency and career development of students underrepresented in health professions to prepare them for successful application and matriculation to health professions schools.

Our six week program is focused around essential competences required of successful health professionals of tomorrow, who will be tasked with assuring health equity and delivering culturally and linguistically competent health care services. Critical elements of the UNMC SHPEP curriculum include a broad spectrum of resilience and personal health and wellness promotion, fostering self-care practices, problem solving, time-, and financial management, and study skills.

UNMC SHPEP Scholars are involved in a wide range of academic enrichment activities in the basic and social sciences, and interactive workshops aimed at strengthening students’ research and inquiry skills. Multiple career development sessions are intentionally distributed across all of the represented disciplines and will be used to direct scholars towards the exploration of various health professions, demystifying the admissions process, and the development of individualized education plans.

We have prepared this handbook to provide prospective SHPEP Scholars with answers to commonly asked questions about the SHPEP at UNMC.

Sincerely,

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For more information on eligibility and requirements, please visit www.shpep.org
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Who We Are
As Nebraska’s only public academic health sciences center, the University of Nebraska Medical Center (UNMC) is committed to the education of a 21st century health care work force, to finding cures and treatments for devastating diseases, to providing the best care for patients, and to serving our state and its communities through award-winning outreach. UNMC also is committed to embracing the richness of diversity, and is a major economic engine for the state of Nebraska.

Led by Chancellor Jeffrey P. Gold, M.D., UNMC has six colleges and two institutes, serving about 3,700 students in more than two dozen programs. Our physician assistant program was recently ranked ninth in the nation by U.S. News & World Report, and our primary care program was ranked 17. The university’s physical therapy, pharmacy and public health programs also are ranked among the top in the country.

Our Mission
Our mission is to lead the world in transforming lives to create a healthy future for all individuals and communities through premier educational programs, innovative research and extraordinary patient care.

Major Units:
• College of Allied Health Professions
• College of Dentistry
• College of Medicine
• College of Nursing
• College of Pharmacy
• College of Public Health
• Eppley Institute for Cancer Research
• Munroe-Meyer Institute

Follow this link for a Virtual Campus Tour!
Omaha | We Don’t Coast

Omaha is an ethnically and racially diverse community. With a population of over 700,000, Omaha is Nebraska’s largest city. While the Henry Doorly Zoo has long been one of Nebraska’s top tourist attractions, Omaha boasts many other outstanding attractions, including a drive-through Wildlife Safari Park; the Strategic Air and Space Museum, a Smithsonian Institute affiliate devoted to U. S. military aircraft, missiles, and science; Girls and Boys Town, founded by Father Edward Flanagan; and, of course, the NCAA College World Series.

Truly a rich cultural center, Omaha offers over 20 museums and fine arts centers, including the Joslyn Art Museum (a Smithsonian Institute affiliate), Durham Western Heritage Museum, El Museo Latino, The Rose Theatre, and the Holland Performing Arts Center. Each summer, Omaha is host to numerous concert and theatre series, including Jazz on the Green, Omaha Riverfront Jazz and Blues Festival, and Shakespeare on the Green. The CenturyLink Center is a top venue for touring musicians, national rodeos, and sporting events. The historical Old Market area and recently developed ‘NoDo’ in downtown Omaha provide many cultural/artistic shopping and dining opportunities. MidTown Crossing, very close to UNMC campus, and Aksarben Village, next to the UNO housing, are two developing entertainment and shopping hubs.

For the sports and recreation enthusiast, Omaha is a great place to be. Annually, it plays host to the NCAA Men’s College World Series and the Cox Classic Golf Tournament, a PGA Nationwide Tour event. We are a rotating host for NCAA Women’s Volleyball Championship and the U. S. Olympic Swim Trials. We have NCAA college hockey and basketball, and AAA baseball – the Omaha Storm Chasers. Omaha has numerous parks, 14 golf courses, 15 public swimming pools, miles of biking paths, ice skating rinks, inner-city lakes for fishing and picnicking, and more.

Learn more about the city you will be calling home this summer at the links below!

Covered Expenses
All student housing and meal costs are covered by the program site (UNMC). Travel to and from UNMC is covered in the amount of up to $500. As applicable, common reimbursable travel costs include: airfare, checked luggage, meals, and mileage for Scholars whose travel distance is greater than 40 miles one way from UNMC Omaha campus (42nd/Emily Street).

Stipend
Students are awarded a $600 stipend for successfully completing the program.

Housing
Upon arrival in Omaha, you will check in at Scott Crossing, located on the University of Nebraska at Omaha (UNO) campus. Scott Crossing is UNO's newest residence hall located at the heart of Scott Campus.

When you check in, you will receive your room assignment, a key to your suite and room, and a mailbox for your use during your stay. RAs will also be on hand to assist you in moving into your room and acquainting you with the residence hall.

- 4 story urban style property with center courtyard
- Gated entry parking and secure building access
- 24 hour access to fitness room, study lounges with computers and TVs, multimedia room for gaming and movies, laundry rooms, and vending areas
- Close to restaurants and entertainment in Aksarben Village

Amenities
- Full basketball and Volleyball Courts
- 24 Hour Laundry and Vending Access
- Secure Access Buildings & Gated Access Parking
- Games, DVDs, & Sports Equipment available for Checkout

Linen Service
Scott Crossing provides a full linen service for our summer guests. Linen package includes: Fitted sheet, Flat sheet, Blanket, Two pillows, Two Full Size Towels, Two Hand Towels, Two Washcloths, Shampoo, and Body Wash. They also provide basic amenities such as Pump Soap, Kleenex, and Toilet Paper.
What Should You Bring?

- Notebook, pens, pencils
- Laptop Computer
- Cat 5 Ethernet Network cable (in case Wi-Fi is spotty)
- Scientific Calculator
- Appropriate and variety of casual/business casual attire, and an outfit for the closing banquet (tie, dress/ slacks, skirt, suit/jacket).
- Swimwear
- Padlock (Storage lockers available at the Residence Hall)
- Flashlight with batteries
- Light jacket or sweater (for the lecture halls and classrooms)
- Light blanket (concert, plays, and other events in area parks)
- Cell phone + charger
- Toiletries (soap, shampoo, deodorant, etc.)
- Shower shoes- flip flops
- Shower caddy
- Robe/ pajamas/ lounge wear
- Tennis shoes/ comfortable walking shoes for walking tours
- Rain gear (umbrella, etc.)
- Insect repellent
- Medications & first aid supplies
- Sun screen
- Travel Iron (they have a few in the dorms, but not enough for everyone at once)
- Cell Phone & Charger (bring an extra just in case!)
- Camera
- ATM cards or bank deposit slips/envelopes for stipend checks

Notes

- A computer lab is available in Scott Hall if you don’t have a laptop
- Cable is provided in your rooms and in the general living area, but no TV.
- Scott Crossing Residence Hall provides sheets, pillows, blankets and towels. But if you would like your own, you can certainly bring them. The beds are twin sized
- Nebraska’s summer weather can be unpredictable. The summers are hot and humid, but the weather may vary during the duration of the program.

Meals

Our SHPEP Scholars are provided three meals a day throughout their time with us. Breakfast, dinner, and most weekend meals, are served at the Scott Campus dining hall. For lunch, scholars receive meal tickets redeemable at any of our one of a kind campus cafes. A common and popular campus lunch destination, the Nebraska Café at University Tower offers a remarkable selection of healthy food choices. For meals away from campus we make every effort to meet the needs of dietary restrictions that we are aware of.

Parking

Participants, who bring cars, will be instructed to purchase a temporary, six-week, parking permit soon
after arrival. These can be purchased once you arrive on campus, at the beginning of the program. Parking permits are approximately $50 and will allow you to park in designated lots.

Social Life
During your six weeks in Omaha, you will have the opportunity to participate in various social events. Planned group activities are provided free of charge and may include the NCAA Men’s College World Series, the Henry Doorly Zoo and Aquarium, a trip to the Eugene T. Mahoney State Park, touring the University of Nebraska Memorial Stadium, and State Capitol. You will have opportunities for shopping, movies, dances, concerts, and other special events such as Shakespeare on the Green, Taste of Omaha, and the Omaha Arts Festival.

Sample of Area Activities, Attractions, & Events

- Summer Arts Festival
- Vibes at Village Pointe
- Nebraska Wind Symphony
- Omaha Riverfront Jazz & Blues Festival
- Omaha Community Playhouse
- Rose Theatre
- NCAA College World Series
- Omaha Storm Chasers
- El Museo Latino
- Fontanelle Forest
- City of Omaha Parks
- Joslyn Art Museum
- NE Jewish Historical Society
- The Durham Museum
- Hot Shops Art Center
- FunPlex
- Strategic Air & Space Museum
- Old Market
- Aksarben Village
- Santa Lucia Festival
- Mahoney State Park

Academics
Courses are taught by faculty from the University of Nebraska Medical Center, the University of Nebraska Omaha, and other area academic institutions. Lectures are supplemented with small-group interactive discussions led by teaching or research assistants. Course offerings serve as academic enrichment, to prepare you for advanced science courses and to increase your chances of gaining acceptance into health professions schools. Please keep in mind that you are required to attend classes and to strive for excellence in all you do.

Curriculum Domains
Include, but are not limited to:
- Biostatistics
- Epidemiology
- Physics
- Biomedical Sciences
- Chemistry
- Writing Skills
- Learning & Study Skills
- Public Policy
- Social Determinants of Health
- Health Disparities
- Health Equity
- Health Literacy

Additional Curricular Activities
Include, but are not limited to:
- Research & Inquiry
- Financial Literacy
- Digital Storytelling
- Leadership & Advocacy
- Fireside Chats
- Financial Literacy
- Storytelling - What is your why?
- Community Service
- Clinical Experiences
Interprofessional Practice & Education