

LOMA LINDA UNIVERSITY
SCHOOL OF MEDICINE
Center for Health Disparities and Molecular Medicine

ABC

APPRENTICESHIP BRIDGE TO COLLEGE PROGRAM
STUDENT SUMMER INFORMATION MANUAL

SUMMER RESEARCH PROGRAM
2019



LOMA LINDA UNIVERSITY

School of Medicine

***Center for Health Disparities &
Molecular Medicine***

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Apprenticeship Bridge to College ABC MANUAL

Congratulations! You are entering a highly competitive program that immerses you in biomedical research and training in the field of health disparity. Participants are chosen based on their interests in biomedical research, commitment to serve disadvantaged communities, and academic qualifications.

During this summer, you will learn about determinants of health, how health disparities diseases affect communities across the United States, and understand their causes and how to address them. You also will be assigned to a research mentor expert in a particular area of the biomedical sciences to be involved in a scientific research project.

Within this manual, you will find information that will be useful to you and your parents/guardians as you plan your summer. **Please read the manual, sign the last sheet, and bring it with you to Orientation.** Also, feel free to call the office or email us if you have any questions.

We extend a warm **WELCOME** to you and look forward to getting to know you and watching you excel in the work you will accomplish this summer.

PROGRAM DATES

The ABC program runs for eight weeks, from Monday, June 17 – Thursday, August 8, 2019. You are required to be in your labs and at other assigned seminars and workshops Monday through Friday. If you have a special request or a specific *major* conflict, please email Mrs. Daniela Soto, dsoto-wilder@llu.edu, as soon as you become aware of your conflicting obligation. Attendance in your labs, workshops, and seminars is **mandatory**.

ORIENTATION DAY

The ABC Orientation is on **Monday, June 17, 2019, at 9:00 AM** at 11085 Campus Street, Mortensen Hall. A light breakfast will be provided. You may go home after orientation at around 11:30 am. Please see the attached map or visit the website: <http://llu.edu/map/>. If you have a car, you may park at Lot X.

To complete your file and process your paycheck we request that you bring a photocopy of the following items with you on Orientation day:

1. Your Driver's license or ID- government issued picture ID (if you have one)
2. Your Social Security Card
3. The health insurance card under which you are covered
4. Your school ID

Please come prepared to have your picture taken for our 2019 Summer Research Album.

WORK PERMIT

If you are under 18 years of age, you must provide a work permit verifying that you are eligible for work by June 17, 2019 – **you should begin the process now**. Pick up a Work Permit Request Form from your high school and fill out your portion of the form. Bring the form to the CHDMM and have Daniela Soto complete the "Employer's" section. Please have your parents complete their section and return the form to your school, and they will provide you with a work permit. **You must bring us an official copy of your work permit for our files.**

Loma Linda University Human Resources will be working with you individually to finalize the hiring process.

STIPEND and Work Hours

As part of your participation in the program, you will receive a competitive stipend for the 8-week internship. A typical day for an ABC participant is from 8:30 am – 5 pm, which includes time in the lab, English class, seminars, career development workshops, and other assigned activities. Your actual work hours may vary because some mentors have early or late hours in their labs. Per California State Laws, you must take a 30-minute to 1-hour lunch break every day after 4-5 hours of work. You will work five days a week, and LLU policy requests that no lab work be done from Friday sunset to Saturday sunset. Unless it is required that you work on your experiments, we also ask that you try to avoid working on Sundays because there is **no** overtime pay. You will be required to sign in and out each morning and evening of the week at the Administrative Office of the Center, MTH #142. You must also clock in and out every day. Your mentor will sign off on your hours at the end of every two weeks. We will discuss this further during Orientation. We will give you a calendar to help keep track of the appropriate dates.

Your stipend will be distributed in 5 pay periods. The Administration will distribute all checks on the Friday of each payday. Your final payment may be mailed to your permanent address. However, **we highly encourage you to sign up for direct deposit**; this will be the fastest and safest way to receive your stipend.

Lunch will be provided for you at the Wednesday seminars. Attendance for this seminar is **mandatory**. Some mentors may have you run experiments during or around the time of these seminars. If this is the case, we need to know if you will be late or not in attendance. Please call the office and let us know in **advance**.

LABORATORY VISITORS

Visits by friends and family members, while you are working in the laboratory, are not allowed. Access to research laboratories is highly restricted, and only authorized personnel (e.g., LLU researchers and staff members working in the same unit or division, or biotech vendors) are allowed in the laboratories. Small children are never allowed in the laboratories. These restrictions are in place for safety and security reasons. Besides, visitors can be distracting to you and other laboratory members.

SYMPOSIUM

The 19th LLU Annual Health Disparities Research Symposium will be held on Wednesday, August 7, 2019, starting at noon. This program consists of a 2-hour poster presentation by the students exhibiting the work you have done during the summer, a presentation from the keynote speaker, as well as remarks by the CHDMM leadership team and certificates for all the participants. Each student must turn in an abstract and must present a poster. We will be providing assistance and direction for preparing and printing the posters.

DRESS CODE

As you may already know, summer temperatures in the Inland Empire can be hot, dry, and often varies from day to night. The daily summer temperature averages between 80 and 115° F. Below, you will find suggestions for attire.

Young Men

Suggested Daily Attire:

- ◆ Clothing that is clean and professional
- ◆ Casual long pants or jeans (shorts not allowed for lab safety reasons)
- ◆ Light sweaters, clean shirts
- ◆ Professional T-shirts or dress-shirts

- ◆ Tennis shoes, closed-toe and closed-back shoes (**no open-toe shoes or sandals in the labs**), comfortable footwear (you may be standing for long periods), shoes suitable for walking.

Suggested Attire for the Research Symposium, Wednesday, August 7st:

- ◆ Professional attire-dark suit (black, dark grey, dark brown, or dark blue), including a coat and matching pants
- ◆ Pressed clothing
- ◆ Tie
- ◆ Clean, polished dress shoes and socks to match slacks

Unacceptable Clothing:

- ◆ Torn
- ◆ Anything with unnecessary/non-functional holes in it
- ◆ Dirty

Young Ladies

Suggested Daily Attire:

- ◆ Clothing that is clean and professional
- ◆ Casual pants, jeans, Capri pants (knee length or lower), or skirts (knee length or lower)
- ◆ Light sweaters, clean shirts
- ◆ Professional T-shirts or dress-shirts
- ◆ Tennis shoes, closed-toe and closed-back shoes (**no open-toe shoes or sandals for the labs**), comfortable footwear (you may be standing for long periods), shoes suitable for walking.

Suggested Attire for the Research Symposium, Wednesday, August 7st:

- ◆ Professional attire-dark suit (black, dark grey, dark brown, dark blue) including matching dress pants/skirt/jumper and coat. Jumpers or skirts should be mid-knee length or below
- ◆ Pressed clothing
- ◆ Blouses should be pressed
- ◆ Clean, polished dress shoes, preferably low heels because you will be standing for a long time
- ◆ Stockings to match suit/professional attire

Unacceptable Clothing:

- ◆ Torn
- ◆ Anything with unnecessary/non-functional holes in it
- ◆ Dirty

*** Ladies, in the past we have had some problems and complaints about students wearing low rise jeans, spaghetti straps, and shirts revealing midriffs. Please refrain from wearing these particular items of clothing. We understand that it may be hot, but you are working in a professional environment, and are representing your school as well as your family and the University. If you plan to wear spaghetti straps, please bring a sweater or jacket. ***

CELL PHONE USAGE

Cell phones can be distracting in a lab setting, mainly when working on experiments. Please silence your cell phone while working in the lab. You may want to answer your calls or texts during breaks, but keep the conversation time to a minimum to prevent interference with your work. Please, advise your relatives or friends to contact you during off-work hours, unless there is an emergency.

RECOMMENDED SUPPLIES

Lab

- ◆ Pens and pencils
- ◆ Notebook (we provide laboratory notebooks that you must keep in the lab at all times and leave it with your mentor when the program is finished. Do not take home your laboratory notebooks).
- ◆ Ruler
- ◆ Calculator

Optional Activities: beach vespers, pool vespers, amusement parks

- ◆ Bible
- ◆ Towels
- ◆ Sunglasses
- ◆ Bathing Suit
- ◆ Camera
- ◆ Extra cash
- ◆ Bag lunch (if lunch is not provided)

HOUSING ACCOMMODATIONS

The Center for Health Disparities and Molecular Medicine does not provide housing nor transportation for students in the ABC program.

MEALS

The following link provides information for eating options on campus:

- <http://home.llu.edu/campus-and-spiritual-life/housing-dining/dining-services>

The following is a list of nearby (within 2 miles) dining facilities and stores:

- | | |
|-------------------------------------|--|
| -Café Society (University St/Evans) | -Jose's Mexican Food |
| -Stater Bros. Grocery Store * | -Loma Linda Market* |
| -Rite Aid Pharmacy* | -Lotus Garden-Chinese Food (vegetarian option) |
| -Clark's Nutritional Health Store* | -Mimi's Restaurant |
| -Carl's Jr/Green Burrito* | -Olive Garden |
| -Angelo's Sandwich Shop | -Panera Bread |
| -Baker's Burgers | -Papa John's-Pizza |
| -Chipotle | -Quizno's |
| -Coco's Bakery Restaurant | -Soup Plantation |
| -Del Taco | -Subway Sandwich |
| -Delhi Palace - Indian Restaurant | -Surfer Joe's-Pizza |
| -Happy Family Vegetarian | -Taco Bell |
| -Home Town Buffet | -Vegan Fresh |
| -Jamba Juice- Smoothies | |

NOTICE: This list may vary as businesses may change names/locations.

*These places are within walking distance and near the VA Hospital

PARKING PERMIT

Those with cars are required to park at Lot X. Please see map attached. You will need to register your vehicle at <https://parking.llu.edu/>.

DRAYSON CENTER - GYM

You will receive a complimentary Drayson Center membership while you are an ABC participant. However, if you are under 18, you will have to be accompanied by an adult to enter. The gym has a pool (check times of availability), basketball/volleyball court, sand volleyball court, running track at the supper field, work out room, some aerobic/boot camp classes, etc. For more information, visit their website at <https://drayson.llu.edu/>

DEL WEBB LIBRARY

The link to the library website where you can check for more information is <https://library.llu.edu/>. You will have access to the library to do the research required by your mentor(s).

SOCIAL ACTIVITIES

INDIVIDUAL ACTIVITIES (*optional*): The student services office has tickets for various amusement parks and other activities available for discounted prices. You are free to purchase these tickets on your own using your student ID badge.

CHDMM ACTIVITIES (*optional*): The CHDMM may plan outings for the summer research students, such as vespers, beach vespers, baseball games, and other events. Please keep your eyes and ears open for emails and announcements regarding these events. ABC students must provide their transportation to these events and may be asked to provide parental consent. Remember, this is time outside of the lab when you will get to know your colleagues. You may form life-long friendships, as well as create invaluable networks for the future.

MENTOR PLACEMENTS

You will be assigned to a mentor before your arrival based on the research interests you checked on your application. When in the lab, please remember that you must be on your most professional behavior at all times. If you have any concerns or conflicts, please speak to Daniela Soto, or Ann Bradshaw (*the office staff is always available to help!*). We realize that being away from home in a new environment is both exciting and challenging, so do not hesitate to stop by the office for snacks, a water break, or a quick hello. Again, this is a wonderful opportunity for us to reach out and help each other. The people working within your lab may be useful resources for you to learn more about your primary mentor and his/her work.

SEMINARS

As stated earlier, there are weekly seminars you are required to attend as part of your 8-hour day. We will provide you with a calendar of activities, so you can keep track of all the important dates of which you **must** be aware. You are responsible for attending all the seminars. We may send out reminders; however, you must be accountable and look up the information to verify where you should be at all times. The seminars listed below will give you a general idea of what to expect:

ABC ENGLISH CLASSES – every day 8:30 am- 9:30 am, starting Monday, June 24th

This class is an intensive course designed to increase your critical reading, writing, and English skills. The focus of the course is on science reading and writing as well as primary and secondary research.

VIDEO DISCUSSION – every other Monday 5pm-6: 15 pm

Light refreshments will be provided. At these meetings, you will watch videos concerning Health Disparities in America and have the opportunity to discuss these topics with your peers.

CHDMM SEMINARS - Wednesdays 12noon to 2 pm

Lunch will be provided. This seminar is for **ALL** students participating in the summer research program (ABC, UTP, MTP, and IMSD). Mentors are welcome to attend, as well.

SKILL DEVELOPMENT WORKSHOPS - Thursdays 5pm-6pm

Light refreshments will be provided. At these seminars, you will be given information that includes learning how to create a poster presentation for the symposium, among other topics. Presenters will be scientific professors and graduate students.

19TH ANNUAL HEALTH DISPARITIES RESEARCH SYMPOSIUM - Wednesday, August 7, 2019, 12pm-8: 00 pm

Refreshments will be available. As mentioned before, business attire is mandatory. Please consult with any of the office staff if you need suggestions for appropriate attire. You may invite parents, family, friends, professors, teachers, school staff, and lab staff to the Symposium. Please be sure to tell Daniela Soto, by Friday, July 26, 2019, how many guests you expect to attend.

EVALUATIONS

At the beginning and end of the ABC program, and after each seminar and workshop, you will receive an email requesting that you complete a short assessment. Completing each evaluation is part of your job as an ABC participant. This task is essential for current and future funding of the program.

HEALTH INSURANCE

The summer research program does not provide health insurance. Students must carry proof of all health/medical insurance and bring those documents to the office to make a copy for their student file in case of an emergency. We will also require you to fill out an “In-case-of-Emergency” form.

If you have finished reading and reviewing this manual, please sign and have your parent(s)/guardian sign the following page indicating that you have read and understood all material in the manual. You must **bring** the signed form with you to Orientation.

**LINDA UNIVERSITY SCHOOL OF MEDICINE
CENTER FOR HEALTH DISPARITIES AND MOLECULAR MEDICINE**

**APPRENTICESHIP BRIDGE TO COLLEGE PROGRAM
ABC**

**SUMMER RESEARCH
TERMS & CONDITIONS SIGNAGE FORM**

RESPONSIBILITY AND LIABILITY

The sponsor for this program is the Center for Health Disparities and Molecular Medicine (CHDMM), and it has made all arrangements for services and accommodations. The CHDMM shall be responsible for the participating student for supplying the services described in the manual. This manual represents the entire agreement between the participants and CHDMM. CHDMM holds the right to decline, retain, or remove any participating member at any time.

By signing this form, you are indicating the release of all photography, video, etc., taken of you for marketing and promotion purposes that may or may not be used in the future.

You will receive a stipend during the summer that will be paid concurrently with LLU payroll cycle by our office which the student may use to pay transportation and meals.

You are responsible for attending all required CHDMM related activities such as seminars, workshops, sessions, meetings, classes during the summer program along with attending the required symposium (see below) and farewell activity (Thursday, August 8, 2019, in the morning).

You also agree to participate in the 19th Annual CHDMM LLU-NIH Research Symposium, which will be held on Wednesday, August 7, 2019, from 12 pm to 8:00 pm and participate in its entirety.

Please print, sign, date, and turn in at ABC Orientation, on Monday, June 17, 2019.

Student Name

Student Signature and Date

Parent Name (if student is under 18 years)

Parent Signature and Date

CHDMM Program Manager Name

CHDMM Program Manager Signature and Date