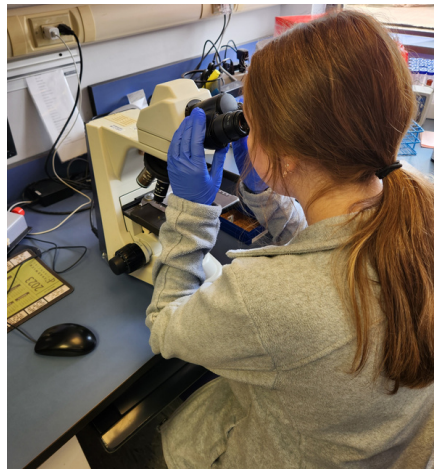




Health Careers Exploration Programs



About Us



What is CLAHEC?

Founded in 1991, Central Louisiana Area Health Education Center (CLAHEC), a community-based, non-profit 501(c)3 organization, connects students to careers, professionals to communities, and communities to better health. We offer a variety of education-based services to meet the needs of health care providers and consumers in the following parishes that we serve:

- Ascension
- Avoyelles
- Catahoula
- Concordia
- East Baton Rouge
- East Feliciana
- Grant
- Iberville
- LaSalle
- Livingston
- Pointe Coupee
- Rapides
- St. Helena
- Vernon
- West Baton Rouge
- West Feliciana
- Winn

Meet Our Staff



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Programs available by academic year:

junior high

Camp Fast Forward
Deadline: April 1st

MedStart

*Takes place in the middle school

freshman

A-HEC of a Summer
Deadline: March 1st

sophomore

CI:Healthcare
Deadline: November 21st

Healthcare Heroes Expedition
Deadline: November 21st

A-HEC of a Summer
Deadline: March 1st

junior

CI:Healthcare
Deadline: November 21st

Day with the Doctors
Deadline: November 21st

Healthcare Heroes Expedition
Deadline: November 21st

A-HEC of a Summer
Deadline: March 1st

senior

CI:Healthcare
Deadline: November 21st

Day with the Doctors
Deadline: November 21st

Healthcare Heroes Expedition
Deadline: November 21st

Closer Look: PCM
Deadline: March 1st

college

Rural Scholars
Deadline: August 15th

AHEC Scholars
Deadline: September 1st



Funded by:

THE RAPIDES FOUNDATION



MedStart

Program Information:

- MedStart is a FREE in school program opportunity that allows middle school students an opportunity to explore the life of a multitude of health career professions by introducing them to a health professional guest speaker and hands on activity.
- This program identifies the barrier of transportation that rural communities face and provides the opportunity for students to learn more about options available in their own communities, presented by providers from their own communities.
- The purpose is to engage school systems and implement initiatives to inspire student interest in medical and clinical fields by exposing students to healthcare professionals who look like them and share cultural backgrounds.



- This project is funded by a Future of HealthC.A.R.E. Program Grant from The Rapides Foundation. Through its Future of HealthC.A.R.E. (Career, Academic Readiness and Exploration for Students) Program Grant, the Foundation seeks to increase the number of qualified Central Louisiana students enrolling in healthcare training programs or entering into the healthcare workforce.

School Eligibility:

- Disadvantaged middle school in rural or underserved parishes in Central Louisiana, preference given to schools with large low-income populations and/or high rates of free/reduced lunch.
- All students at participating schools must complete an enrollment form prior to program kickoff.

Interested in your school participating?

- Call our office at (318) 443-2855



Program aligns with the school calendar from August - May each academic year.



Schools currently participating throughout Central Louisiana:

Avoyelles Parish:

- Avoyelles Public Charter School
- LaSAS
- Marksville High School

Catahoula Parish:

- Block High School
- Harrisonburg High School

Grant Parish:

- Georgetown High School
- Grant Junior High School

LaSalle Parish:

- Fellowship Elementary
- LaSalle Junior High School

Winn Parish:

- Calvin High School
- Dodson High School
- Winnfield Middle School

Rapides Parish:

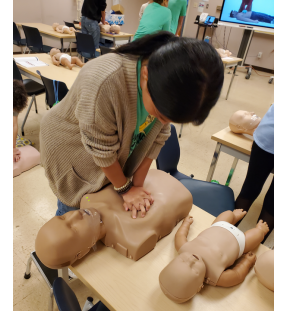
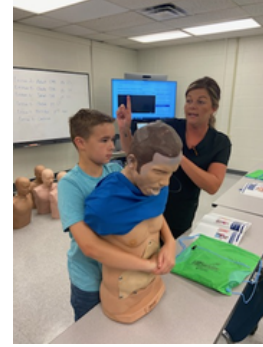
- Alexandria Middle Magnet School
- Arthur F. Smith
- Buckeye High School
- Poland Junior High School
- Scott M. Brame Middle School

Vernon Parish:

- Leesville Junior High School
- Pickering High School



Funded by:
THE RAPIDES FOUNDATION



Program Information:

- Camp Fast Forward is a FREE half-day, one-week summer camp that provides middle school students a hands-on introduction to careers in healthcare.
- This program allows students to perform science experiments as it relates to healthcare and simulation activities.
- The Camp Fast Forward program offers students the chance to gain CPR certification, set goals for themselves, and plan for the future.
- Camp Fast Forward is offered to all students in June in the following parishes: Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon, and Winn, with plans to include Allen parish in the future.



**Applications will be available in January 2026.*

- This project is funded by a Future of HealthC.A.R.E. Program Grant from The Rapides Foundation. Through its Future of HealthC.A.R.E. (Career, Academic Readiness and Exploration for Students) Program Grant, the Foundation seeks to increase the number of qualified Central Louisiana students enrolling in healthcare training programs or entering into the healthcare workforce.

Eligibility:

- Current 7th or 8th grade student
- Minimum cumulative 2.0 GPA
- Completed student assessment
- Transportation to the camp site each day
- Student currently resides within the program's service area

Questions or to Apply:

- **Questions:** Call our office at (318) 443-2855
- **To apply :** Scan the QR code below or visit our website at :

<https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is April 1st by 11:59 pm

Completed online application **MUST** include:

Host Facilities:

- CLTCC - Avoyelles Parish
- CLTCC - LaSalle Parish
- CLTCC - Winn Parish
- CLTCC - Concordia Parish
- CLTCC - Rapides Parish
- Byrd Regional- Vernon Parish
- LSU - Alexandria
- Northwestern State University

- Completed application
- Copy of your most recent middle school report card
- Completion of assessment form by your teacher, counselor or middle school principal and upload into online application





AHEC of a SUMMER

Health Care Careers Volunteer
Exploration Program

Program Information:

- The A-HEC of a Summer Program is a **FREE** and exciting opportunity for high school students who are interested in pursuing a health care career. These students are given a chance to explore different career opportunities in medicine by volunteering at local hospitals. Program participants learn about health issues, patient care, and health care career options, as well as information on education and training for health care professions, volunteer work and opportunities, and job readiness skills.
- A-HEC of a Summer provides dedicated students an insight into the various medical fields through observation and hands-on experience. While serving the community, students can **earn 1/2 high school AHEC elective credit and CPR certification**. Students will also attend workshops and field trips.
- A-HEC of a Summer typically takes place during the month of June or July (some programs begin in late May) beginning with a mandatory family orientation held one evening prior to the program. The program concludes with an awards and recognition event.

*Program dates for individual program sites will not be available until March 2026.



• The "A-HEC of a Summer" Program requires a commitment of approximately **105 hours as a health care volunteer**.

- Participants must attend all scheduled program activities. Vacations & medical/dental appointments need to be scheduled outside of program hours. **NO ABSENCES!!!**
- Selected participants must furnish their own transportation to the program site and all scheduled afternoon field trips.
- Volunteers do not receive a salary or wages through the program. Volunteers must adhere to the medical facility dress code, which includes uniform items (scrub suit, tennis shoes & name tag). **Scrub suit will be provided FREE of charge** and must be worn at all times.



Eligibility:

- High School Freshman, Sophomore or Junior students who are interested in a healthcare career
- Minimum cumulative 2.0 grade point average

Questions or to Apply:

- **Questions:** Call our office at (318) 443-2855
- **To apply :** Scan the QR code below or visit our website at : <https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is March 1st by 11:59 pm

Completed online application MUST include:

- Completed application
- Clear photo ID or student ID
- One letter of recommendation from your teacher, counselor, or high school principal
- Copy of your most recent high school transcript from your counselor





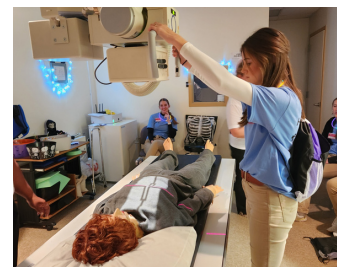
**Investigate Allied Health and Nursing Fields
to find the perfect health career for you!**

Program Information:

- CI: Healthcare is a **FREE** activity-filled day that offers high school students who have an interest in health careers an opportunity to explore Nursing and Allied Health careers (Radiology, Medical Lab Technology, Respiratory Therapy, Physical Therapy, Biology, and more) at either LSU-Alexandria or Franciscan Missionaries of Our Lady University - in Baton Rouge, LA.
- Interactive, hands on activities will be included during each day program.



Students are responsible for transportation to their designated university.



The following allied health departments may be featured during the program day:

- Medical Lab Science
- Pharmacy
- Radiologic Technology
- Respiratory Therapy
- Physical Therapy Assistant
- Forensic Science
- EMT / Paramedic
- Human Medicine
- Job Readiness
- Nursing - RN, BSN, PN and CNA
- Phlebotomy
- Birthing Simulator

Eligibility:

- High school sophomore, junior or senior student interested in nursing or allied health
- At least a cumulative 2.5 grade point average

Questions or to Apply:

- **Questions:** Call our office at (318) 443-2855.
- **To apply :** Scan the QR code below or visit our website at: <https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is November 21st by 11:59 pm

Completed online application **MUST** include:



- Completed application
- One letter of recommendation from your teacher, counselor or high school principal
- Copy of your most recent high school transcript from the counselor





- Dash into Dentistry is a **FREE** one-day interactive program that offers high school students who have an interest in dentistry and oral health the opportunity to spend a day at the campus of the LSU School of Dentistry in New Orleans.
- Students explore the fields of dentistry and oral health by practicing techniques and participating in hands-on activities relating to dentistry, dental hygiene, dental forensics and dental lab technology, in addition to receiving LSU-School of Dentistry admissions information and interacting with current dental students.



Central LA AHEC provides transportation to and from the dental school. Students are responsible for transportation to and from the designated pick-up/drop-off locations.



Eligibility:

- High school junior or senior students who have an interest in becoming a dentist, dental hygienist, or dental laboratory tech
- At least a cumulative 2.5 grade point average

Questions and to Apply:

- **Questions:** Call our office at (225) 757-9845
- **To apply :** Scan the QR code below or visit our website at :
<https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is November 21st by 11:59 pm

Completed online application **MUST** include:



- Completed application
- One letter of recommendation from your teacher, counselor or high school principal
- Copy of your most recent high school transcript from your counselor





Explore Careers and Activities in
Healthcare!

Program Information:

- Healthcare Heroes Expedition is a **FREE** activity-filled day that offers high school students who have an interest in health careers an opportunity to explore a variety of health careers at Louisiana Christian University in Pineville, LA.
- Interactive activities will be included during this one-day program.
- This program may feature:
 - Physical Therapy
 - Nursing
 - Medicine
 - Exercise Science
 - Anatomy Interactions
 - And More!

Students are responsible for transportation to their designated university.

Partnership between:



LOUISIANA
CHRISTIAN
UNIVERSITY



Eligibility:

- High School Sophomore, Junior, or Senior students interested in a healthcare profession
- At least a cumulative 2.0 grade point average



Questions or to Apply:

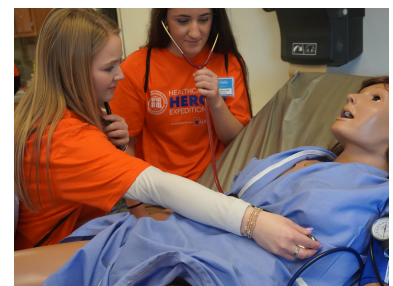
- Questions:** Call our office at (318) 443-2855
- To apply :** Scan the QR code below or visit our website at : <https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is November 21st by 11:59 pm

Completed online application **MUST** include:

- Completed application
- One letter of recommendation from your teacher, counselor, or high school principal
- Copy of your most recent high school transcript from your counselor





**Building a Future for Health Care
in Louisiana**

Program Information:

- A Day with the Doctors is a **FREE** one-day interactive program that offers high school students, who have an interest in becoming a physician, an opportunity to experience doctors' daily activities and life on LSU Health Shreveport School of Medicine's campus.
- Students learn diagnostic skills, such as taking blood pressure, listening to heart sounds, taking a radial pulse, measuring respiratory rate and listening to breath sounds.
- Participants have the opportunity to interact with physicians and medical students where they discover admission requirements for medical school and explore the life of a medical student.
- Participants will have the opportunity to visit the Gross Anatomy Lab, glove up, and hold real human anatomy!



Central LA AHEC provides transportation to and from the medical school. Students are responsible for transportation to and from the designated pick-up/drop-off locations.

Eligibility:

- High school junior or senior students who have an interest in becoming a doctor
- Minimum cumulative 3.0 grade point average

Questions or to Apply:

- **Questions:** Call our office at (318) 443-2855
- **To apply :** Scan the QR code below or visit our website at : <https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is November 21st by 11:59 pm

Completed online application **MUST** include:



- Completed application
- One letter of recommendation from your teacher, counselor or high school principal
- Copy of your most recent high school transcript from your counselor





Program Information:

- Closer Look: PCM, or Closer Look: Primary Care Medicine, offers students an in-depth view of careers in primary medicine through job shadowing with local healthcare professionals.
- Students may experience up to 40 hours of one-on-one mentorship within their field of choice.
- This program may place students with a:
 - Primary Care Physician
 - Physician Assistant
 - or Nurse Practitioner
- Students are placed with mentors, or preceptors, that work in or near their hometown to experience provision of care in their own communities.

Students are responsible for transportation to and from their placement location.

Eligibility:

- High School Senior students interested in becoming a physician, physician assistant, or nurse practitioner.
- At least a cumulative 3.0 grade point average.
- Have completed 2 or more previous AHEC programs



Questions or to Apply:

- **Questions:** Call our office at (318) 443-2855
- **To apply :** Scan the QR code below or visit our website at : <https://clahec.org/online-program-forms/>

APPLY NOW!

Deadline is March 1st by 11:59 pm

Completed online application MUST include:



- Completed application
- One letter of recommendation from your teacher, counselor, or high school principal
- Copy of your ACT Score
- Copy of your most recent high school transcript from your counselor

Rural scholars



Program Information:

The newly selected Rural Scholars will be given the opportunity to gain insight into the arduous process of applying to medical school. In the upcoming 2 years, students will have the opportunity to:

- interact with primary care physicians
- receive financial aid information
- learn medical school interview techniques and participate in mock interviews with a real admissions team
- learn the techniques of basic skills assessment, first aid, and basic life support
- gain knowledge about rural community-based healthcare
- interact with the Dean of Admissions and many others
- obtain answers to questions about the medical school admissions criteria and process, the medical school admissions test (MCAT), and the medical school interview.
- receive personalized resume and personal statements critiques
- receive discounted MCAT materials/ course
- and much more!



The AHEC Rural Scholars Program is a **FREE** program designed to equip and encourage talented, high-achieving pre-med students from rural communities to make application to LSU Health-Shreveport and ultimately become primary care physicians in rural Louisiana

Rural Louisiana is faced with the challenge of getting adequate medical care to residents, many who are isolated by poverty and location. One way to address the need is to identify more small-town students who dream of returning home to practice medicine. The program was designed with this goal in mind.

What is considered a Rural Community?

A Louisiana rural community can be defined as a parish with a population under 100,000, or a municipality with fewer than 35,000 residents.

i.e ., Pineville, Marksville, Natchitoches, DeRidder, Eunice, Leesville, Jena

How do I apply?

You can apply by
scanning
the QR code:



APPLY NOW!

Deadline to apply is **August 15th!**

Questions? Call our office at (318) 443-2855

"The people at AHEC provided me with the best services available to help me study for the MCAT and write my personal statement. I felt overwhelmed trying to build my application, but through the rural scholars program I became a confident, well rounded applicant"

- Will Brouillette

PHS Alumni and LSU Health Shreveport Class of 2027

Eligibility:

- Applicant must be from a rural Louisiana town
- Applicant must have a minimum 3.4 cumulative college GPA (copy of college transcript is required)
- Applicant must have a minimum 3.4 cumulative science GPA
- Applicant must have a minimum 24 composite ACT score (copy of ACT score is required)
- Complete all sections in the application and submit a Participation Agreement, Agreement of Photo Release, and Photo of applicant.

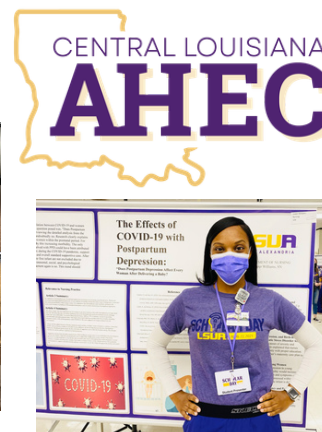


Program Information:

AHEC Scholars is a program for health professions students interested in supplementing their education by gaining additional knowledge and experience in rural and/or underserved urban settings. This is a longitudinal program with interdisciplinary curricula to implement a defined set of clinical, didactic, and community-based activities. All experiential or clinical training will be conducted in rural and/or underserved urban settings.

Program Benefits:

- Students selected to participate in this 2-year training program will develop high-quality, job readiness health care skills through intense inter-professional collaborations with various health care disciplines.
- Hands-on experience working with medically trained health professionals from diverse backgrounds
- Earn an additional 40 hours of didactic training and 40 hours of clinical training above required health professions curricula
- Expanded knowledge about rural and community-based care while working with underserved populations
- Open to all disciplines that support primary health care services delivery



Core Topics:

- Inter-professional Education
- Behavioral Health Integration
- Social Determinants of Health
- Cultural Competency
- Practice Transformation
- Current and Emerging Health Issues
- Connecting Communities and Supporting Health Professionals
- Virtual Learning & Telehealth

Program Duration:

Program duration is two years with 1 year follow up tracking and each year includes the following for a total of 160 hours:

- 40 hours community-based, experiential, or clinical training in rural and/or underserved area
- 40 hours didactic education (focused on six Core Topic Areas)



How do I apply?

You can apply by scanning the QR code:



APPLY NOW!

Deadline is September 1st by 11:59 pm

Completed online application MUST include:

- Students should have a current interest in rural or underserved healthcare and be currently enrolled in a health professions degree or certificate program and be two years from program or degree completion.
- This includes but is not limited to students in medicine, dental hygiene, pharmacy, nursing, radiology, and medical laboratory programs.
- Completed application
- Participation in a medical discipline that supports primary health care service delivery
- Dependable transportation
- Full-time student enrollment in one of the following: college, university, allied health program, or medical school
- Must be willing to sign a 2-year participation commitment agreement

Eligibility:

Don't take
our word...



"This wasn't just good — it was exactly what I needed."

Angelo Palencia - 2025 AHEC of a Summer Participant

"My experience as a whole really showed me as a person and a future healthcare provider that there's so much more to the field than we as patients may see. I'm grateful and thankful for this experience.

Obigail Clingfost - 2025 AHEC of a Summer Participant



AHEC of a Summer definitely opened my eyes to what the medical field really is. The experience is something that people rarely get until they are too far in to back out. It was overall a wonderful experience.

Sarah Lin - 2025 AHEC of a Summer Participant



"This exposure to the medical world was truly an eye-opening experience that gave me a better understanding of what it takes to become and work as a doctor."

Juan Vargas - 2025 Day with the Doctors Participant

"I would do this program over and over again."

2025 CI: Healthcare Program Participant



"Today's program widened my view about dentistry and all the occupations within it and it was really interesting to hear about and do."

Malak Abdel-Jabbar - 2025 Dash into Dentistry Participant



"It is a wonderful program that has deepened my interest in the medical field."

2025 CI: Healthcare Program Participant



...take it from
our students.

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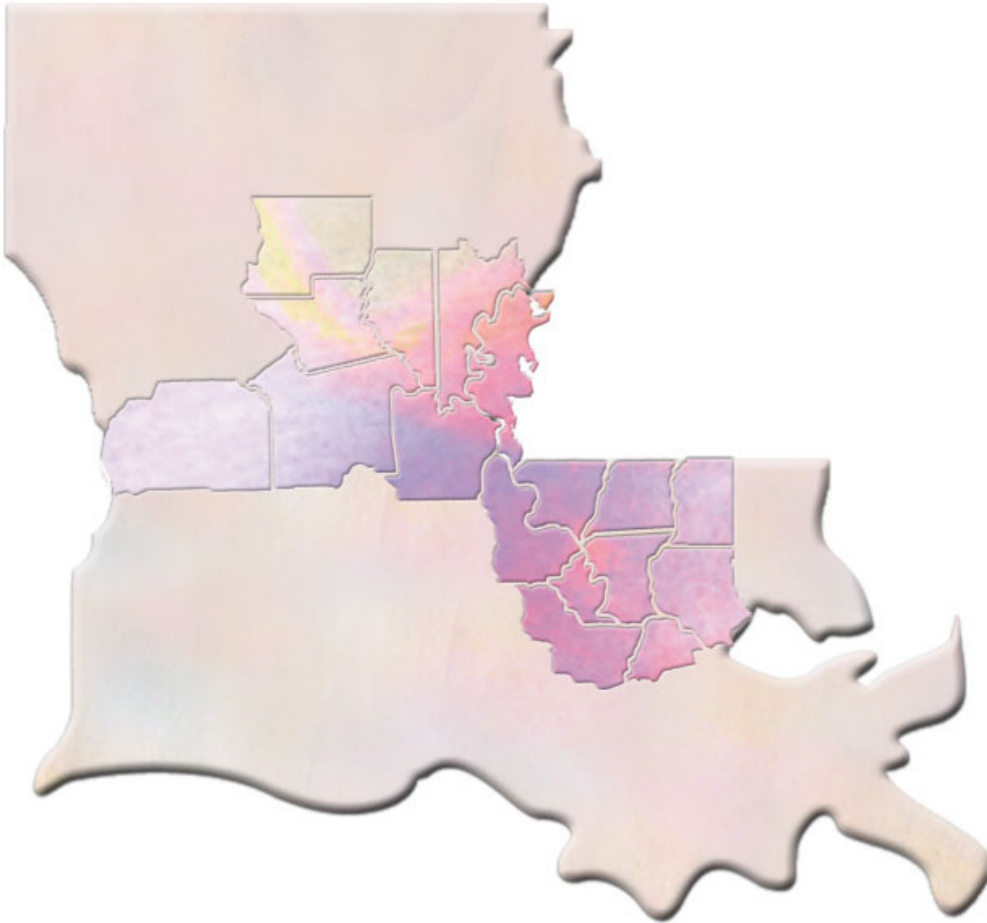
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"It is a wonderful program that has deepened my interest in the medical field."

2025 CI: Healthcare Program Participant



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