

**STAGE 1:  
MIDDLE  
& HIGH  
SCHOOL**



FDRHPO's Job Skills Training gives students an introduction into professional skills needed in the healthcare field, providing a foundation for future exploration opportunities.

**FDRHPO  
JOB SKILLS TRAINING**



MASH Camp is a 3-day, interactive workshop that exposes students in grades 8-12 to various career opportunities in a hospital setting.

**BOCES HEALTHCARE  
EDUCATION PROGRAMS**

FDRHPO offers high school and post-secondary students the opportunity to job shadow in a professional healthcare setting to help them shape future career choices and network with healthcare professionals.

**FDRHPO  
JOB SHADOW OPPORTUNITIES**

**STAGE 2:  
POST-SECONDARY  
EDUCATION**

Whether your post-secondary education lasts 2 or 4 years, there are a variety of opportunities that await you in the healthcare industry. These undergraduate programs also serve as a great pathway to continuing your education and further your career.  
For a list of local higher education programs, visit [mygpsforsuccess.com/health-science/](http://mygpsforsuccess.com/health-science/)



**BACHELOR'S DEGREE**

**ASSOCIATE'S DEGREE,  
2-YEAR TECHNICAL SCHOOL  
OR CERTIFICATION PROGRAM**

**FDRHPO  
VOLUNTEER OPPORTUNITIES**

**FDRHPO  
POST-SECONDARY JOB SHADOW**

**FDRHPO  
INTERNSHIPS / CLINICAL ROTATIONS**

**VOLUNTEER OPPORTUNITIES**

FDRHPO can forward your resume and connect you with dozens of healthcare employers in the north country!

**RESUME  
FORWARDING**

**STAGE 3A:  
GRADUATE  
SCHOOL**

**CLINICAL ROTATIONS,  
RESIDENCIES & FELLOWSHIPS**

**LOCAL GRADUATE MEDICAL  
EDUCATION PROGRAMS**  
More at [samaritanhealth.com](http://samaritanhealth.com)

**STAGE 3B:  
ENTER THE  
WORKFORCE**

**LOAN  
REPAYMENT  
PROGRAMS**

**LOAN REPAYMENT PROGRAMS**

**EXIT TO:**

**RESUME  
FORWARDING**

**A HEALTHCARE CAREER IN THE NORTH COUNTRY!**

**WANT MORE INFO?** Email [workforce@fdrhpo.org](mailto:workforce@fdrhpo.org) or visit [www.fdrhpo.org](http://www.fdrhpo.org).

