

2025–2026

HEROES HEALTH CAREERS CONNECTION H²C²

A Teen Health Careers Club | Grades 9 – 12

Deadline: September 26, 2025



Connecting you to:

HealthCare Professionals | HealthCare Careers | Health Science Enrichment

Meets the 1st Wednesday of every month,

6 PM – 8 PM starting October 2025 and ending May 2026

*With the exception of the first meeting which will be on October 22, 2025.

We will meet in-person for every meeting.

www.southpiedmontahec.org

South Piedmont AHEC is a division of Atrium Health and part of the NC AHEC (Area Health Education Centers) program.

HEROES

Health Careers Education - Reaching Out to Excellent Students

DESCRIPTION

H²C² is a teen health careers club for 9th – 12th grade students who are interested in learning more about careers in healthcare. Students will thoroughly enjoy health science workshops, health career speakers, games and more! Our goal is to expose teens to a variety of careers in healthcare in a fun and exciting way. We believe in *funrichment* (fun+enrichment).

ABOUT THE SOUTH PIEDMONT AHEC HEALTH CAREERS PROGRAM

Through a Model AHEC Supported Grant, the South Piedmont AHEC develops initiatives to educate all pre-college youth, with an emphasis on underrepresented minorities, and economically/educationally disadvantaged populations about health careers. For more information, please visit the Health Careers page at www.southpiedmontahec.org > Workforce D&I > Health Careers.

SELECTION OF PARTICIPATING STUDENTS

South Piedmont AHEC will select students that demonstrate a strong interest in learning more about careers in health. Past HEROES Students will receive priority. South Piedmont AHEC will notify selected students **via email** by October 3, 2025.

TO BE ELIGIBLE TO PARTICIPATE, STUDENTS MUST MEET THE FOLLOWING REQUIREMENTS

- Reside in one of the following counties: Anson, Cabarrus, Cleveland, Gaston, Lincoln, Mecklenburg, Stanly, Union.
- 3.0 / 4.0 GPA (Copy of June 2025 report card or school transcript must be submitted with application.)
- Grades 9 – 12.
- Have an interest in learning more about careers in health.

PROGRAM FEES

\$95

\$25 Students must qualify for free or reduced lunch.

Funded by a Model AHEC Grant.

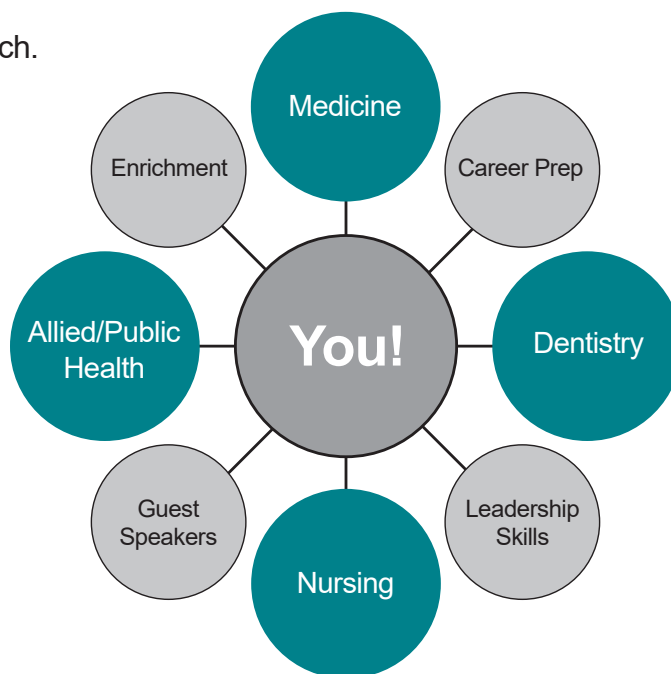
Proper documentation required (i.e., signed letter from school or eligibility letter)

DO NOT attach payment!

Once you have been selected to participate, we will forward a link to pay online.

No refunds once payment is submitted.

Connecting YOU to HealthCare



APPLICATION REVIEW & SELECTION PROCESS

- Preference will be given to senior-level students who cannot reapply for the program. Underclassmen who are not accepted are encouraged to reapply for the program the following year.
- Answer each question, especially the GPA. High school students: cumulative GPA should be listed on your transcript. If you are submitting a report card from middle school: calculate your GPA by using the grades on your report card for the 2024–2025 school year. Ask your school guidance counselor to help you.
- The South Piedmont AHEC will review the entire application. Special emphasis is placed on the quality of the essay. It is STRONGLY suggested that you proofread your essays for proper capitalization and spelling and grammatical errors.
- The South Piedmont AHEC will notify students who have been selected to participate via email by October 3, 2025. Please make sure your contact information is correct in your application and check your spam folder 3 – 4 days after the application deadline. If you are accepted but do not respond to our communications, you will forfeit your place and the next student on the wait list will be accepted instead.

TIPS AND SUGGESTIONS FOR GREAT ESSAY RESPONSES

An essay is required (see the last page for details). Here are some tips that will help you formulate your answers and hopefully increase your odds of being accepted.

Tip #1: PROOFREAD, PROOFREAD, PROOFREAD!

Take some time to reflect on your answers. It is better to think of and communicate a couple of good reasons you would like to participate in the HEROES program than to give a one sentence answer with your first thought.

Tip #2: Reflect.

Take some time to reflect on your answers. It is better to think of and communicate a couple of good reasons you would like to participate in the HEROES program than to give a one sentence answer with your first thought.

Tip #3: Flesh out your ideas.

Full, well-constructed paragraphs are far more likely to gain you admission than one sentence answers. Again, see tip #2. We want to see that this is something you are genuinely interested in doing. This is also the only place where you get a chance to let us know that you are a real human being beyond having a name on paper. Tell us something interesting about what has inspired you to look at health careers! You have reasons and I am sure it goes beyond the common response, “I want to help people”.

Tip #4: Most importantly: Be Yourself!

Answers that are true to you are far easier for the reader to understand. Don't make up stories or make true stories “more dramatic” in hopes of grabbing someone's attention. That said, you should also not be afraid to talk honestly about any hardship you may have encountered in your educational journey or home life. Tell the truth of your experience and the true you will shine through!

HEROES Health Careers Connection: A Teen Health Careers Club



Please click [HERE](#) to complete the online application.

Once the application is complete, email the following documents: Essay, two Letters of Recommendation and Report Card or Transcript to:

sophia.moore-dennis@advocatehealth.org

Returning HEROES students will only need to complete the application and submit your June 2025 transcript or report card.

ESSAY

One page essay that answers the following questions:

- What health career are you interested in pursuing?
- Why are you interested in that career?

Consider using the tips mentioned on page 3 of the application.

TWO LETTERS OF RECOMMENDATION

We require one from your math or science teacher and one additional reference (no family members, please). We prefer that the additional reference comes from someone who can speak to your interest in a career in healthcare (ie, health career or math club advisor, volunteer coordinator for a healthcare related event, etc.).

APPLICATION CHECKLIST

- ☐ Completed online application form
- ☐ Two letters of recommendation (new students only)
- ☐ One page essay (new students only)
- ☐ Report card or transcript

**All applications must be received by close of business on
September 26, 2025**

Don't forget to submit a copy of your transcript or report card!

Email to: Sophia.Moore-Dennis@advocatehealth.org

You will receive an email confirmation upon receipt of your completed application.
If you don't, please contact us.

In order to help our staff with record keeping, the documents
must be submitted at one time.

***It's never too early to prepare for your future career in health.
Let us help you.***

Michelle Boyd, Director: Health Careers, Diversity and Workforce Development
South Piedmont AHEC