



**ACES/ACES+ Primary Care Resource Initiative for Missouri  
Individual Career Plan (ICP)**

**I. STUDENT INFORMATION**

Name: \_\_\_\_\_ Beginning ACES Year: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_ County: \_\_\_\_\_ ACES+ Permanent or temporary  
 School: \_\_\_\_\_ Grade: \_\_\_\_\_ address (circle one)  
 Academic Advisor/School Counselor: \_\_\_\_\_ Email: \_\_\_\_\_  
 Current GPA: \_\_\_\_\_  ACES  ACES+ Graduation Date: \_\_\_\_\_  
 ACT or Aptitude Test Score \_\_\_\_\_ D.O.B. \_\_\_\_\_ Cell Phone # \_\_\_\_\_

**II. PRIMARY CARE CAREER GOAL**

**Physicians (MD/DO)**  
 Licensed Physician  
 (specializing in family  
 or general practice)  
 Internal Medicine  
 Pediatrics  
 Obstetrics/Gynecology

**Dentistry**  
 General or  
 Pediatric Dentist  
 Dental Hygienist

**Nursing / Nurse  
Practitioner**  
 LPN/RN BSN  
 BSN  
 NP

**Other**  
 Psychiatrist  
 Psychologist  
 Clinical Social Worker  
 Professional Counselor  
 Nutritionist Dietitian

**STATEMENT OF LONG TERM GOAL:** To be completed by: \_\_\_\_\_ (Date)

**III. STUDENT RESOURCES, STRENGTHS & EXPERIENCE**

RESOURCE	CONTACT INFO	UTILIZED NOW
EDUCATIONAL		YES/NO
1.		
2.		
3.		
COMMUNITY		
1.		
2.		
3.		
OTHER		
1.		
2.		
3.		

**LIST STUDENT STRENGTHS & ASSETS:**

Academic: \_\_\_\_\_  
 Personal: \_\_\_\_\_  
 Work Related Experience: \_\_\_\_\_  
 Other: \_\_\_\_\_

**HEALTH CARE EXPERIENCE:**

EXPERIENCE & LOCATION (i.e. Shadowing, ABC Medical Center)	DATE COMPLETED
1.	
2.	
3.	

**IV. SHORT TERM GOALS & OBJECTIVES**

**Annual Goal for AHEC & Student Collaboration:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To be completed by: \_\_\_\_\_ Initials: \_\_\_\_\_  
 (Date) (Student) (AHEC)

**OBJECTIVE #1**

Academic, Community, Experiential, Other (Circle one)	Complete by (date)	Date Accomplished
Description: <b>Student will complete a minimum of 8 hours of a health related community leadership project as defined by ECMO AHEC (the 8 hour minimum will include time spent for preparation and implementation)</b>		
Student Tasks: 1. Student will identify a potential leadership project activity. 2. Student will submit documentation verifying the completion of the leadership project. 3. Student will keep a journal of activities as they relate to the development of the leadership project.		
AHEC Tasks: 1. If necessary, AHEC staff will assist the student in identifying a leadership project activity. 2. 3.		

**OBJECTIVE #2**

Academic, Community, Experiential, Other (Circle one)	Complete by (date)	Date Accomplished
Description: <b>Student will complete a minimum of ____ hours of professional healthcare shadowing in order to fulfill the requirements of the ACES program (freshmen - 8; sophomores -16; juniors - 24; seniors - 32; undergraduates - 40).</b>		
Student Tasks: 1. Student will identify possible shadowing sites to conduct shadowing hours. 2. Student will attend an orientation session regarding shadowing protocol. 3. Student will submit documentation verifying the completion of the shadowing hours. 4. Student will keep a journal of activities.		

<p>AHEC Tasks:</p> <ol style="list-style-type: none"> <li>1. If necessary, AHEC staff will assist the student in setting up a shadowing site at a local medical facility.</li> <li>2.</li> <li>3.</li> </ol>		
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**OBJECTIVE #3**

<p>Academic, Community, Experiential, Other (Circle one)</p>	<p>Complete by (date)</p>	<p>Date Accomplished</p>
<p>Description: <b>Student will participate in at least 12 hours for ACES, or 6 hours for ACES+, of workshops/events sponsored by ECMO AHEC</b></p>		
<p>Student Tasks:</p> <ol style="list-style-type: none"> <li>1. Student will attend and actively participate in ECMO AHEC monthly workshops.</li> <li>2.</li> <li>3.</li> </ol>		
<p>AHEC Tasks:</p> <ol style="list-style-type: none"> <li>1. Make available relevant and valuable academic workshops.</li> <li>2.</li> <li>3.</li> </ol>		

**OBJECTIVE #4**

<p>Academic, Community, Experiential, Other (Circle one)</p>	<p>Complete by (date)</p>	<p>Date Accomplished</p>
<p>Description:</p>		
<p>Student Tasks:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		
<p>AHEC Tasks</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		

**OBJECTIVE #5**

<p>Academic, Community, Experiential, Other (Circle one)</p>	<p>Complete by (date)</p>	<p>Date Accomplished</p>
<p>Description:</p>		
<p>Student Tasks:</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		
<p>AHEC Tasks</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>		

