

Madison Clinic Health Series

High School and Beyond: What Next?

Going off to college?

Come talk to our Madison Clinic grads about managing your diabetes in college

Want to know about other options?

Come to our workshop for info on careers, resumes and applying for jobs

Tuesday Night

August 14th 2012

Free Dinner Provided: 6 PM – 7 PM

Workshops: 7 PM – 8:30 PM

Auditorium – Sublevel 1

UCSF Laurel Heights Campus

3333 California St

San Francisco, CA 94118

Parents and patients welcome! Please RSVP for food count to Helen Ashton
ashtonh@peds.ucsf.edu or (415) 476-2859

If you cannot make this event, we encourage our college-bound patients to attend JDRF's
"College & Type 1 Diabetes," August 6th, 6:30-8:30pm, Walnut Creek Sports Basement

During our College Seminar:

Two clinic grads will give advice, looking back on their transition from high school to college.

Our clinical psychologist, Dr. Diana Naranjo, PhD, will discuss how to manage stress and anxiety, as well as planning for social events and life with diabetes.

Nurse Mary McDonnell, MSN, RD, CDE, will tackle any questions you have about nutrition and how to better manage your diabetes while living away or commuting from home.

During our Career Workshop:

Ms. Indiana Quadra, Chair of the Career Development Counseling Department at City College of San Francisco, will give advice on choosing a career that would be a good fit, no matter what stage of life you are at.

Two UCSF Human Resources specialists, Ronald Hargraves and Linda Howze, will give high school and college grads ideas on how to get your foot in the door with regards to employment...and how to keep it there! They will help you formulate thoughtful and well-structured résumés and cover letters, while also giving helpful “Do’s and Don’ts” when looking for jobs and approaching employers.