



2021 FIRST EXPERIENCE



FOCUSED INTERDISCIPLINARY RESEARCH AND SCIENTIFIC TRAINING

A one week immersion experience for high school students that focuses on conducting interdisciplinary and collaborative scientific research at the CNU College of Health Sciences state-of-the-art research facility.

July 19-23rd, 2021

**CNU College of Health Sciences
2910 Prospect Park Dr.
Rancho Cordova, CA 95670**

Deadline to Apply: May 21st, 2021

Application Fee: \$35

Cost to Attend: \$850

**Participants must have completed at least one high school science course and be an entering Sophomore, Junior or Senior*

- Participants will engage and collaborate with college students and distinguished faculty members by focusing on a novel scientific research question.
- While conducting research, students will participate in scientific discussions, receive training in laboratory skills, and learn about scientific rigor and methodology.
- Participants will give a professional presentation on their scientific results, with the potential for future publication.
- Areas of study may include environmental biology, chemical modeling/drug recovery, and molecular analysis of model organisms- all connecting to health and biomedical sciences.

FOR MORE INFORMATION,
PLEASE VISIT [HEALTHSCIENCES.CNSU.EDU](https://healthsciences.cnsu.edu)
OR EMAIL CHS.SCIENCES@CNSU.EDU

**CNU IS FOLLOWING ALL FEDERAL, STATE, AND LOCAL
GUIDELINES REGARDING THE COVID-19 PANDEMIC**



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APPLICATION

Name _____ Email _____

Address _____ Phone Number _____

High School Name and Location _____ Year in High School _____

Select the statements that best describe your current education and career goals:

- ☐ I am unsure of my education goals.
- ☐ I plan to complete a Bachelor's degree program.
- ☐ I plan to complete a Bachelor's and Professional/Graduate degree program.
- ☐ I am unsure of my future goals.
- ☐ I plan on pursuing a career in the medical/health professions.
- ☐ I plan on pursuing a medical/health profession specializing in scientific research.
- ☐ I plan on pursuing a combined medical/health and scientific research profession.

Based on the education and career goals you have selected, write a personal statement that answers the following three questions in paragraph form (LIMIT TO 300 WORDS):

1. What is your motivation towards the educational and career goals you have chosen?
2. How will the FIRST Experience at CNU help you to determine or achieve your education and career goals?
3. What knowledge, skills, and insight do you hope to attain from the FIRST Experience at CNU?

Please include 2 references in your personal statement, including contact information, which can speak to your readiness for the FIRST Experience at CNU.

Application Deadline: May 21st, 2021.

Please submit your application along with an application fee of \$35.00 to:

FIRST Experience at 2910 Prospect Park Dr., Rancho Cordova, CA 95670

**Checks can be made out to California Northstate University*

In the event of cancellation due to Covid-19 state mandated regulations, full refunds will be given. Anyone needing to cancel before the start date will also be entitled to a full refund.

If you have any questions, please email CHS.Sciences@cnsu.edu or call us at 916-686-8378

On Campus Strategies for COVID-19

Ventilation: CNU's 3 main campus buildings, 9700 West Taron Drive Elk Grove, 2910 Prospect Park Drive Rancho Cordova and 2920 Prospect Drive Rancho Cordova, HVAC (Heating Ventilation and Air Conditioning) systems were all updated in March with a new system called Global Plasma Solutions (GPS) which is a particle reduction, odor reduction, pathogen reduction and energy saving system. As of June 2nd CNU received their first test results from Innovation Bioanalysis which tested the effectiveness of the system against COVID-19. Efficacy testing showed that upon exposure to bipolar ionization for 30 minutes, 99.4% of the SARS-CoV-2 virus was inactivated. This ionization technology inactivates the viral receptors and renders the virus ineffective, thus eliminating its ability to bind to and infect cells.

Building Improvements: Increased the number of hand sanitizing stations throughout all CNU buildings. Added sanitizing stations that include paper towels and disinfecting solution for people to use to at their work stations. Adding Plexiglas barriers to the front desk reception areas in all buildings.

Face Mask: Face mask are required to wear on campus and in public areas. Mask can be removed while eating and drinking and when in a private study room/office. Additional masks are available at the front desk. See attached policy.

Classroom Strategies Implemented: Separating all desks to comply with the 6-ft social distancing guidelines, please do not move the desk in the classrooms. For larger classrooms, we will use one door for entrance and one for exiting. Doors will remain open to reduce the number of people touching the handles; the faculty member will close and open for lectures. Faculty will remind students of the sanitizing stations, entrance/exits, and remind them to refrain from congregating in the lobby.

Lobby/Hallway Strategies Implemented: Placing directional signs for entering the building for thermal temperature checks. The security guard will help maintain the 6-ft social distancing guidelines and encourage individuals to refrain from large group gatherings in public areas.

Informational Posters: Informational posters about COVID-19 and how to protect yourself and others have been placed around all campus buildings. Posters include: How to Safely Wear and Take Off a Cloth Covering, COVID-19: Quarantine vs. Isolation, What you should know about COVID-19 to Protect Yourself and Others, How to Properly Wash Your Hands, Restroom etiquette, etc. All information posters are directly from the CDC website.

Thermal Imaging: Due to the recent COVID-19 pandemic, California Northstate University is implementing temperature checks using a thermal imaging system. This temperature check applies to all faculty, staff, students, vendors, and visitors entering a CNU building. All individuals must enter through the main entrance. Individuals screened with a temperature greater than 100.0°F will not be admitted inside CNU nor any other University building. If an increased temperature is detected, a secondary screening will take place using a touchless inferred thermometer. If a temperature is detected, the individual will be instructed to leave the campus immediately. The employee must contact their supervisor and the student must submit an excused absence to the appropriate department. The individuals name and temperature will be recorded and logged by the front desk. If a temperature is not detected the individual may proceed. For information on how the system works, please see CNU's Temperature Screening Policy.



CALIFORNIA
NORTHSTATE
UNIVERSITY

Janitorial Cleaning: Increased frequency of cleaning throughout all campus buildings. Increased frequency of deep cleaning using Electrostatic Sprayers which are used to kill viruses, bacteria and pathogens on surfaces (2x per month). Increased cleaning of restrooms and other common areas including door handles (3x per day).

Cafeteria: Ensuring tables are 6 feet apart and limiting the number of chairs per table. Posting signs noting the appropriate number individuals that should be in the cafeteria at one time.

Counseling Service: Personal counseling services are available to all students at no charge. The Counseling Center has Telehealth Services available to all Students. To request an appointment, please e-mail Katelyn.shields@cnsu.edu for Elk Grove Campus or Tracy.schwartz@cnsu.edu for Rancho Cordova campus. The counseling center uses a HIPPA compliant confidential platform called Doxy.Me. The counselors routinely send out resources on managing mental health during the COVID-19 pandemic, along with free digital mental health resources that are currently available for the duration of the pandemic.

Mandatory Self-Reporting and Communication Policy and Procedure (Student and Employee): CNU will be requiring all individuals to self-report if they have a COVID-19 Diagnosis and potential exposure to COVID-19 to ensure the safety of the campus community. CNU will monitor state guidelines and update the policy as needed. Please see the attached policy for further details.