

Volunteer Opportunities for Teen Docs

Writing Articles for Blog:

- Volunteers can write informative or advocacy based articles related to medicine. Articles must be 500-1000 words in length and use of AI or plagiarism is not tolerated. Article topics can include: Mental health, Physical health, Sexual/Reproductive health, Chronic illness, Health myths and facts, Medical careers/Health Education, Self-Care, Health policy/advocacy, and etc. More detailed article ideas will be posted in the application!
- **Hours Awarded:** 2 hours per approved article

Tutoring:

- Volunteers can tutor peers or younger students in STEM related subjects they excel in, helping students improve academically. Sessions will be virtual and held on zoom.
- **Hours Awarded:** 1 hour per session for 6 weeks (6 total after completion)

Organizing Fitness/Health Challenges

- Volunteers can organize a virtual health challenge to motivate teens to stay healthy and active. Challenges can include steps per day, at-home workouts, healthy meal ideas, etc. Challenges will be posted on the Teen Docs accounts and members who participate (documented) will receive 1 service hour.
- **Hours Awarded:** 4-6 hours depending on length and complexity.

Sharing Health Stories

- Volunteers can share a personal health story about a medical experience such as, mental health struggles, body image issues, chronic illness etc. AI use and plagiarism are not tolerated.
- **Hours Awarded:** 1-2 based on length