

Evaluating the Effectiveness of the HELIOS Lab in Providing Support and Improving Confidence for First-Generation Students at UC Irvine

Aracely Blanco, Brett Cervantes, John Billimek Ph.D.

INTRODUCTION

- The HELIOS Lab focuses on health equity for Latino patients in Santa Ana
- Students in the lab predominantly identify as first-generation and Latino.

METHODS

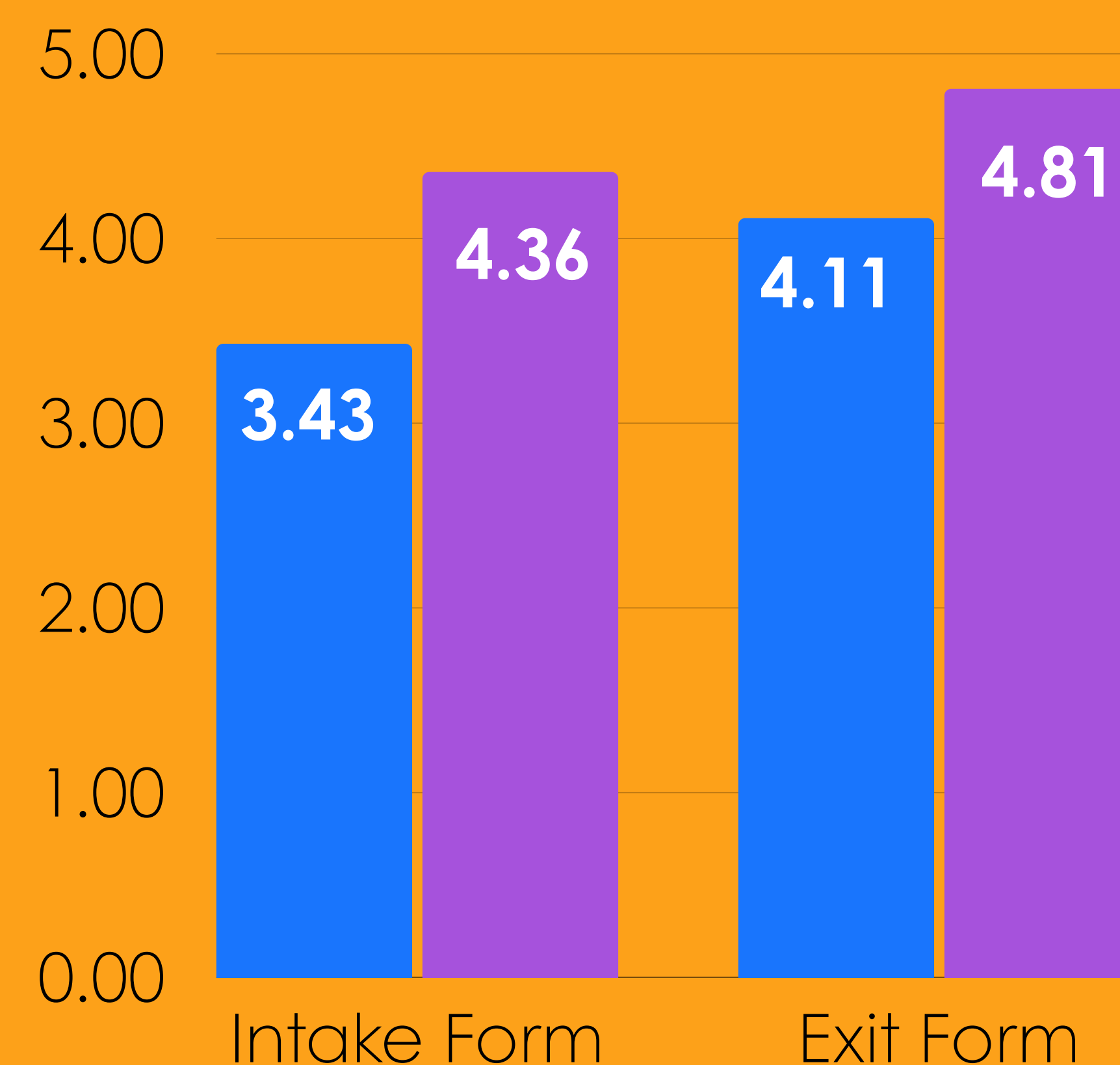
- Data from n=37 HELIOS Students
- Students completed three surveys: an entrance form, a quarterly evaluation form, and an exit form.
- Surveys were completed from 2020-2023.



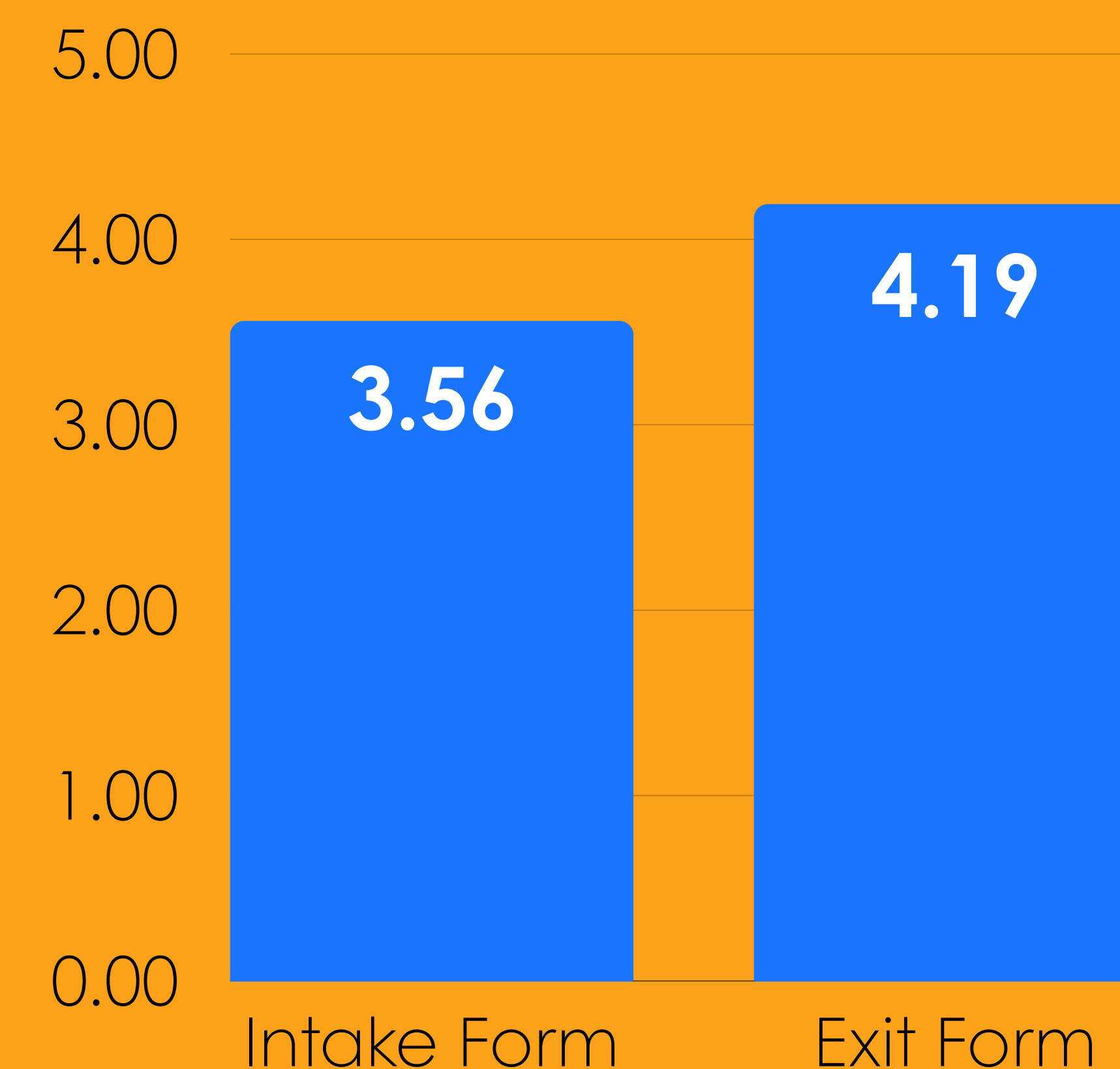
Students feel more supported by faculty within the HELIOS Lab compared to outside faculty



How supported in your future career goals did you feel by UCI faculty and staff OUTSIDE of vs. WITHIN the HELIOS lab?



How confident are you that you will be successful in your academic and career goals?



0-Not at All
5-Extremely

RESULTS

- Students felt **more supported** by UCI faculty within the HELIOS Lab than by UCI faculty outside of the HELIOS Lab in both the intake and exit survey.
- Students rated a **higher confidence** in career success (4.19) in the exit survey than in the intake survey (3.56).

DISCUSSION

- Having more hours of face time with a research PI provides additional support for students.
- The HELIOS Lab provides students with career readiness resources like health equity training, guest speakers, and leadership committees.

NEXT STEPS

- Use the feedback from our three surveys to enhance and tailor the HELIOS program to meet the evolving needs of its participants.
- Reach out to alumni to assess the impact of the HELIOS lab on their career trajectory and satisfaction.

