



CAREERSERVICES UCSB

Building 599
(805) 893-4412
8:30am to 4:30pm; Monday – Friday
career.sa.ucsb.edu

HEALTH PROFESSIONS

Navigating Your Future

This path may be for you if you enjoy helping others in a hands-on way, specifically in a health setting. This path is geared toward students who will attend a health profession school in the future, in areas such as:

- ◆ Medical Doctor (M.D.)
- ◆ Radiologic Technologist
- ◆ EMT
- ◆ Phlebotomist
- ◆ Physical Therapist
- ◆ Physician's Assistant
- ◆ Optometrist
- ◆ Dietitian
- ◆ Occupational Therapist
- ◆ Dentist
- ◆ Nurse
- ◆ Pharmacist

Gaucho Paths to Success (GPS) is a career education program offering you a framework to effectively pursue various occupational areas, through optimizing your academic, experiential, and career development preparation.

EXPLORE OPTIONS

Here are some initial questions to ask yourself:

- ◆ What kinds of health professions are you interested in?
- ◆ What populations do you want to work with?
- ◆ Which of my interests and strengths do I want to engage in?
- ◆ Will my career path require me to pursue an advanced degree?

Career Preparation

- Sign up for any of these FREE assessments with a peer advisor in Career Resource Room (CRR):
 - ◆ **Strong Interest Inventory**
 - ◆ **Myers-Briggs Type Indicator**
 - ◆ **Focus 2**
 - ◆ **Strengths Finder**
 - ◆ **Career Leader**
- Read **library books** in CRR such as Career Opportunities in *Health Care*, *Careers in Nutrition*, *Careers in Public Health*, and so many more!
- Browse through the *Health & Medicine* **career binder** in the **online career library**
- Browse **Explorehealthcareers.org** for more information on hundreds of health professions
- Conduct **Informational interviews** and **Job Shadowing** with professionals in your area of interest

Academic Preparation

- Speak with **PRE-HEALTH academic advisors** to ensure you are on track with your major
- Maintain a **VERY competitive science and overall GPA** within your major
- Utilize **campus resources** (e.g., CLAS, professors/TA office hours, study groups or private tutoring)
- Start developing **strong working relationships with 1-2 science professors to obtain future letters of recommendation**. Do very well in classes and consider getting involved in their research or attending office hours to build mentor relationships
- Have a GPA above 3.6? Consider applying to the **Health Science Honors Program** through the College of Letters & Sciences. Application period is July each year. <http://www.duels.ucsb.edu/honors/admission/apply>

GET EXPERIENCE

Connect with Career

- Sign up for **Handshake** and check out internships/part-time jobs
- Attend **Get Experience for Health Professions** workshop
- Review **Get Experience in Health Professions** handout

Shadowing

- Use your personal/professional network to find health professionals whom you can shadow

Leadership

- Consider the **Leadership Certificate Program (LCP)** offered through Office of Student Life
- Apply for a **leadership role** on-campus through Associated Students or in a student organization

Clinical/Community Services

- Find additional **opportunities** on VolunteerMatch.org, Idealist.org, [CSB Community Affairs Board](http://CSBCommunityAffairsBoard) Volunteer page and by contacting local agencies
- Review **Internship Toolkit** on Handshake
- Seek **part-time job** within health settings such as a private practice, clinic, or hospital. Also consider a non-profit organization or even a non-health job to gain valuable work experience

- Research **international health volunteer opportunities** very carefully since most are quite expensive and do not offer academic credit
- For more local opportunities, sign up for the **PRE-HEALTH listserv**: <https://lists.lsit.ucsb.edu/listinfo/health>

Research

- Review the **Faculty Research Assistance Program (FRAP)** directory for on-campus research opportunities
- Check out **Undergraduate Research and Creative Activities (URCA)** for opportunities to work with faculty
- Connect with professors to obtain **research assistant positions**
- Review the **STEM Research Opportunities** handout in the CRR or on the Career Services website

Networking

- Attend a **LinkedIn and Networking workshop** through Career Services and set up a LinkedIn profile to build connections

Logging Experimental Hours

- Use a journal to log your hours. Note all dates and hours of your experiences and write a short paragraph describing each shift.

Gap Years Before Health School

Connect with Career

- Check out full-time jobs in **Handshake**
- Review **National Job Links, Job Search Tips & Guidelines and Accepting Offers** handouts

Résumé/Cover Letter

- Meet with career counselor during **CRR drop-in hours** to review your updated résumé or cover letter
- Attend **resume+** and have résumé critiqued by employer
- Make **appointment with faculty** to review your résumé and ask for possible job leads to contact

Interview

- Schedule ½ hour appointment at Career Services for **Mock Interview** (NOTE: limit one per quarter)

Direct Path to Health School

- Review **Graduate School Options handout**
- Research graduate programs at www.gradschools.com or www.petersons.com
- Identify **application deadlines, prerequisites and graduate exam** (if applicable) for programs you are interested in applying to

Statement of Purpose (SOP)

- Attend **Writing a SOP workshop** through CLAS
- Review **rough draft of your SOP** with faculty
- Obtain critique of final draft of SOP by scheduling **one hour appointment** at Career Services (NOTE: limit one per quarter)

Interview

- Schedule ½ hour appointment at Career Services for **Mock Interview** (NOTE: limit one per quarter)

Job Search/Career Events

- Connect with recruiters by participating in following career events:
 - ♦ Quarterly **Career Fairs**
 - ♦ **Industry Panels**
 - ♦ Employer **Info Sessions**
 - ♦ **On-Campus Interviews**

Negotiation

- Review **books** in CRR such as *Negotiate Your Job Offer* and many more!

Post BA Options

- Meet with a career counselor to discuss your gap-year strategy
- Research **Academic Enhancer Post-Baccalaureate certificate programs** to see if they're a good fit for your academic needs after graduation

Curriculum Vitae (CV)/Letters of Rec

- Meet with a counselor during ½ hour **appointment** to review your CV
- Identify and **request letters of recommendation** from your professors
- Prepare packets of information** (ex: application deadlines, CV and SOP, writing sample) to give to your recommenders

Graduate Exams

- Attend **strategy session** and investigate **study preparation** courses for your graduate exam