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](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 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](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.
### 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)

### 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

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**Career Services UCSB**

**Gaucho Paths to Success**