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.
- 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 GauchoLink 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 GauchoLink
- 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

- 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.

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)
# Move Forward

## Connect with Career
- Check out full-time jobs in GauchoLink
- 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)

## 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

## 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)

## 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