Health Careers 101
Meghan Farrier-Nolan
Hannah Davis
Connor Hatfield
Laura Lodolo

Peer Advisors
Hannah Davis
- 4th year
- Major: Psychology
- Career Interest: Nursing

Laura Lodolo
- 4th year
- Major: Biological Sciences
- Career Interest: Medicine

Connor Hatfield
- 3rd year
- Major: Biomedical Engineering
- Career Interest: Medicine
Services

- PolyLearn
- Newsletter twice/quarter
- yakʔitʔutʔu themed hall
- Exploring different health related careers
- Prerequisite planning (program requirements)
- Health related, community service & leadership experience referrals
- 1-1 Advising & Individualized timelines
- Courses: SCM 101, Bio 253, SCM 363, Bio 301

Website & Polylearn

prehealth.calpoly.edu
Admissions Competencies

**Thinking and Reasoning Competencies**
- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication

**Science Competencies**
- Living Systems
- Human Behavior
Admissions Competencies

**Interpersonal Competencies**
- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication

**Intrapersonal Competencies**
- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement

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**Myth: I have to be a science major**

**TRUTH:**
- **ANY** major is acceptable and competitive for health professions schools.
- A diverse academic background is essential to help broaden your perspective and develop excellent critical thinking skills.
- Choose your major based on your interests and aptitude and with alternate career choices in mind.
- However, it is important to have the flexibility to balance your major and prerequisite courses.
Starting on the Right Foot

- Focus on **grades first**!
- Give yourself **at least a quarter to adjust** to college and/or the quarter system
- Both **overall & prerequisite/science GPA** are important
- **Social and behavioral sciences**: not just the natural/hard sciences.
- **Interact** with instructors & faculty
- Be an **engaged** participant in your **learning**!

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Guess the Health Profession

1. Socrative.com  
2. click login → student login  
3. enter PREHEALTH room name  
4. enter name to WIN!
These professionals ensure that radiation treatment promotes the most lethal radiation dose with the fewest side effects to the patient’s healthy organs.

This professional will assume the function of the heart and/or lungs during medical procedures and surgery.

These doctors help support patients’ oral health. They often can be the first to notice systemic diseases which first symptoms often appear in the mouth.

These professionals help patients recover from injury and surgery to regain their gross motor skills.

These professionals develop strong relationship with their patients at the bedside to support their activities of daily living (eating, bathing, dressing, etc.)

These professionals don’t earn an MD degree, but they are licensed physicians. They commonly work patients in out patient setting as well as with athletes, the elderly, people with diabetes, and other patients who have problems below the knee.

These professionals work in a lab and analyze patient samples (blood, tissues, urine, feces) in order to determine diagnosis.

These professionals work on the front lines with patients diagnosing and treating a wide range of conditions and can change specialty settings throughout their careers.

These professionals treat patients by suppressing the symptoms of disease with drugs that have been heavily researched. They attend 4 years of graduate school plus specialized training.

These professionals attend 4 years of graduate school, plus specialized training. They believe in the body's innate ability to heal itself, can perform surgery, and do musculoskeletal manipulations to promote healing.

**Medical Dosimetrist**

**Perfusionist**

**Dentist**

**Physical Therapist**

**Registered Nurse**

**Podiatrist**

**Clinical Lab Scientist**

**Osteopathic Physician**

**Allopathic Physician**

**Physician Assistant**
**Myth:** Becoming a physician is the **ONLY** career for me

**TRUTH:**

• Many students **change their minds** for a variety of reasons (not just poor academic performance)

• **Explore a variety of careers.** There are over 100 career titles in healthcare. It’s an expanding field with endless opportunities!

• Exploring, reflecting and evaluating a variety of careers will help you to find the right **career fit**.

**Other Health Careers**

- Physician Assistant
- Nursing
- Dentistry
- Public Health
- Optometry
- Podiatry
- Genetic Counseling
- Occupational Therapy
- Chiropractic
- Physical Therapy
- Chinese Medicine
- Naturopathic Medicine
- Audiology
- Clinical Lab Science
- Health administration
- Forensics
- Nutrition
- MANY more!

www.prehealth.calpoly.edu/careers

www.explorehealthcareers.org
Health Field Experience

Why?

• **Explore** & understand the profession.
• Ensure that this is the **right career path** for you.
• Both shadowing/observation & **direct patient contact** are valuable.
• Be ready to **explain the impact** the experience(s) had for you.

Example Experiences

**Health-related**
- Shadowing, informational interviewing, Bio 253, SCM 363, work experience, PULSE, STRIDE

**Community service**
- Volunteering with local health-related organizations and/or other non-profit community based organizations

**Leadership**
- WOW leader, Resident Advisor, Club officer, Greek Life, Tutor, Workshop facilitator, Peer Advisor

**Research**
- On-campus with faculty in major department, summer research opportunities at other campuses

**There is no right or wrong experience**—do something you are curious about
Clubs

- AMSA/pre-med Club
- AMWA
- Pre-dental Club
- PA/Nursing Club
- Pre-Vet Science Club
- Pre-Pharmacy Club
- Public Health Club
- Physical and Occupational Therapy Club
- Neuroscience Club
- Nutrition Club
- Biomedical Engineering Society
- Many others!

Attend Club Showcase on Sunday!

Social Media

Patty Pre-health
@cp.prehealth

@cp.prehealth
Fall events

Pre-Health Pasta
- Enjoy a pasta meal and hang out with peer advisors and members of PULSE
- October 2nd, 6pm in tsitkawayu

Beyond the Grades
- Learn about ways to get involved on campus and in the community, and the different types of experiences available
- October 9, 11-12 in 33-287

University of San Diego Nursing
- Learn nursing degrees and the University of San Diego School of Nursing Master’s program
- October 9, 11-12 in

Contact Info
- Visit: Science North 53-211
- Drop-in Hours:
  - Monday 8—12; 1:30—4
  - Tuesday 9:30—12; 3—4
  - Wednesday 8—12; 1:30—4
  - Thursday 9:30—12; 1:30—4
  - Friday 9—12:30
- Call: 805-756-2615
- Email: prehealth@calpoly.edu
- Web: www.prehealth.calpoly.edu

See a Peer Advisor early!
session evaluation forms

• On each Breakout Session description page, please scroll down to the session evaluation form and give us your feedback.

Where to next?

COLLEGE ADVISING & BREAKOUT SESSIONS

UNLIMITED POSSIBILITIES

BREAKOUT SESSION LOCATIONS
FRESHMAN ADVISING LOCATIONS
WOW LEADERS DIRECTING
PERFORMING ARTS CENTER (PAC)
CAPS & ZENG ADVISING
SANDO VESTER
CLA & OCBI ADVISING

UNLIMITED POSSIBILITIES