Preparing for a Health Career at Gustavus

HEATHER BANKS
HEALTH PROFESSIONS COORDINATOR
As one of the largest industries in 2008, healthcare provided 14.3 million jobs.

Ten of the 20 fastest growing occupations are healthcare related.

Healthcare will generate 3.2 million new jobs between 2008 and 2018, more than any other industry.
Why the Growth?


- Aging Population, by 2030 70 million individuals (one-fifth) of Americans will be over 65.

- Advances in Medical Technology

- Shift from in-patient to out-patient care
Many Health Career Options

Pre-Med is a great option, but it is not the only great option. ExploreHealthCareers.org

- Dentistry
- Pharmacy
- Physical Therapy
- Occupational Therapy
- Veterinary Medicine
- Physician Assistant
- Speech and Language Pathology
- Genetic Counseling
- Nursing
- Public Health
- And so many MORE!
Top picks in Healthcare for growth projections

**U.S. News & World Report’s**, source
America’s Best Careers 2011: Healthcare Jobs

“Healthcare continues to offer excellent opportunities”
- Many on the list top the Labor Department growth projections, 2008-2018
- Millions of aging baby boomers heightened demand on healthcare providers

**Top picks in the Healthcare category:**
- Athletic Training
- Dental hygienist
- Lab technician
- Massage therapist
- Occupational therapist
- Optometrist
- Physician assistant
- Physical therapist
- Physical therapist assistant
- Radiologic technologist
- Registered Nurse
- School Psychologist
- Dental hygienist
- Veterinarian
Top Highest-Paying Jobs

#1 Surgeons ($225,390)
#2 Anesthesiologists ($220,100)
#3 Oral & Maxillofacial ($214,120)
#4 OB/GYN ($210,340)
#5 Orthodontist ($200,290)
#6 General-Internist ($189,480)
#7 Physician and Surgeons (all others) ($180,870)
#8 Family & General Practice ($173,860)
#9 Chief executives ($173,350)
#10 Psychiatrists ($167,610)
Exploring your Health Career Options

January Interim @ Gustavus is the perfect time!
One month, full-time career exploration, earn one academic credit

A few Health Sites from past January Interim Career Explorations
- Pre-Health January Interim Career Exploration (Mayo Clinic Health System-Mankato, Mankato Clinic & River’s Edge Hospital & Clinic)
- Children’s Hospital
- Mayo Clinic
- Saint Paul Heart Clinic
- St. Peter Family Dental
- Kind Veterinary Clinic
- Park Nicollet Methodist Hospital
- Family Eye Center
- Woodwinds Hospital
- Fairmont Medical Center
- Pediatric Therapy Services
- Edina Dental Care
Mankato Clinic Team January 2011
Additional Exposure opportunities

- Volunteer opportunities, paid clinical (depending on health area and certification) and research opportunities

- Mayo Clinic Health System-Mankato
  Exclusive partnership with Mayo, running a pilot program this fall with six pre-medical students volunteering in the Emergency Department

- *Association of American Medical Colleges (AAMC)
  Importance of Application Data to Admission Officers at 113 Medical Schools in their decision to Offer Acceptance

  Top four:
  - Interview recommendation
  - Letters of recommendation
  - GPA: Cumulative science and math
  - Community service: medical

*(Source, AAMC Analysis In Brief, Volume 11, Number 6, September 2011)*
Where do students go AFTER Gustavus?

Fall 2011, Medical School
19 students (6 class of 2011 and 13 alumni)

- University of Minnesota (8 students)
- University of South Dakota (2 students)
- Medical College of Wisconsin (2 students)
- University of North Dakota (2 students)
- University of Iowa
- Wake Forest University, Winston-Salem, NC
- University of Texas, Galveston, TX
- Uniformed Services University, Baltimore, MD
- Indiana University, Indianapolis, IN

Fall 2010, Medical School- 23 students (14 class of 2010 and 9 alumni)
## Fall 2011 Admits, other Health Professions

<table>
<thead>
<tr>
<th>Dental School</th>
<th>Pharmacy School</th>
<th>Physical Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2011, Dental School</td>
<td>6 students (2 class of 2011, 4 alumni)</td>
<td>Marquette University</td>
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<td>Midwestern University-Illinois</td>
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<td></td>
<td></td>
<td>University of Minnesota (3 students)</td>
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<tr>
<td></td>
<td></td>
<td>University of Pittsburgh</td>
</tr>
<tr>
<td>Fall 2011, Pharmacy School</td>
<td>4 students (4 class of 2011)</td>
<td>University of Minnesota (3 students)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>University of Colorado</td>
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<tr>
<td>Physical Therapy</td>
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<td>U of MN</td>
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<td>Creighton</td>
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<td>St. Scholastica</td>
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<td></td>
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<td>Washington University, St. Louis</td>
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<td></td>
<td></td>
<td>Des Moines University</td>
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<tr>
<td>Occupational Therapy</td>
<td></td>
<td>U of MN- Rochester</td>
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<td></td>
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<td>Colorado State University</td>
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<td>St. Catherine University</td>
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<td>Thomas Jefferson University</td>
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<tr>
<td>Veterinary Medicine</td>
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<td>U of MN</td>
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### Health Professions Advising

- Information on Health Careers
- Specific advising for medicine, dentistry, and pharmacy
- General advising for all other health professions
- Online Resources Career Center Website: [Health Professions](http://gustavus.edu/careercenter/health/)

### Resources

- **Career Library**
  - Books, journals, admission guides
  - General career information
- **Staff**
  - 1:1 career counseling
  - Job search & graduate school application assistance
  - Fairs/events related to career
- **Website**
  - [*GustieJobs*](http://gustavus.edu/careercenter/health/) internships and career exploration opportunities

### Q: Where does Career Development fit in?
Health Professions Coordinator

- Career Counseling on various health professions - explore talents and interests
- Advice on pre-requisites and program selection
- Assistance with application and recommendation process
- Advice on standardized test preparation
- Health Profession Events (on and off campus)
- Relationships with professional schools
- Advisor for pre-dental, pre-medicine, pre-pharmacy clubs
- Feedback on personal statements & practice interviews
- Prospective student presentations/meetings
## Pre-Health Advisors

<table>
<thead>
<tr>
<th>Advisor</th>
<th>Specializations</th>
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<tbody>
<tr>
<td>Kent Kahm</td>
<td>Pre- Occupational Therapy</td>
</tr>
<tr>
<td></td>
<td>Pre-Physical Therapy</td>
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<tr>
<td>Jon Grinnell</td>
<td>Pre-Vet</td>
</tr>
<tr>
<td>Barb Zust</td>
<td>Nursing &amp; Pre-Public Health</td>
</tr>
<tr>
<td>Jeanne Herman</td>
<td>Health Education</td>
</tr>
<tr>
<td>Kyle Momsen</td>
<td>Athletic Training</td>
</tr>
<tr>
<td>Heather Banks</td>
<td>Pre-Medical, Pre-Dental, Pre-Pharmacy, and other health professions</td>
</tr>
</tbody>
</table>
Q: Two Advisors - how does that work?

<table>
<thead>
<tr>
<th>Faculty Advisor</th>
<th>Pre-Health Advisor</th>
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<tbody>
<tr>
<td>• Academic Department</td>
<td>• Requirements for professional school</td>
</tr>
<tr>
<td>• Register for classes</td>
<td>• Professional school application</td>
</tr>
<tr>
<td>• Work on graduation requirements</td>
<td>• Standardized test (e.g. MCAT)</td>
</tr>
<tr>
<td>• Work on major requirements</td>
<td>• Personal Statement</td>
</tr>
<tr>
<td></td>
<td>• Standardized Application (e.g. AMCAS)</td>
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<td>• Practice Interviews</td>
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Student Preparation

- Study hard and take pre-requisite courses
- Maintain good grades and high GPA
- Gain experience
  - Shadowing (two-hours to one day opportunities)
  - January Career Exploration (one month full-time)
  - Research
  - Semester Internships
  - Summer enrichment programs/research programs
  - Volunteer work
  - Experience (EMT, CNA, health services, etc.)
Admissions: More than Grades and Test Scores

Many factors are important for admission. Being in a competitive range is important.

**Gustavus Statistics for Admits**

- **MCAT**: 32
- **CU GPA**: 3.69
- **CU Science GPA**: 3.60

  **Range of**:
  - **MCAT**: 25-38
  - **CU GPA**: 3.32-3.95
  - **CU Science**: 3.15-3.98

**National Statistics for Admits**

**Accepted Applicants in 2010**

- **MCAT**: 31.1
- **CU GPA**: 3.67

*Source: AAMC: DW: Applicant Matriculant File as of 10/19/2010*

**Association of American Medical Colleges (AAMC)**

Importance of Application Data to Admission Officers at 113 Medical Schools in their decision to Offer Acceptance

*8% of applicants with CU GPA 3.80-4.0 and MCAT 39-45 rejected from ALL medical schools to which they applied.*

18% of applicants with CU GPA 3.20-3.39 and MCAT 24-26 were accepted by at least one school.

*(Source, AAMC Analysis In Brief, Volume 11, Number 6, September 2011)*
Q: How can parents help?

- **Encourage exploration into health professions**
  - Websites, career resource books, mentoring and shadowing opportunities
  - [ExploreHealthCareers.org](https://ExploreHealthCareers.org)

- **Summer Jobs**
  - Leadership skills & experience in healthcare and human service settings

- **Your student may change directions**
  - Be open, encouraging and flexible
Questions?