Pre-Health Student @ Gustavus

HEATHER BANKS
INTERIM HEALTH PROFESSIONS COORDINATOR
MANY Health Career Options

Pre-Med...is not the only option

[ExploreHealthCareers.org](https://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!
Interim Health Professions Coordinator, Heather Banks, Gustavus Career Center, hbanks@gustavus.edu

Heather is the pre-professional advisor for:

- Medicine
- Dentistry
- Pharmacy
Support and advice also available in...

- Athletic Training (major @ Gustavus)
- Biomedical Sciences
- Chiropractic
- Health Education (major @ Gustavus)
- Health Fitness (major @ Gustavus)
- Nursing (major @ Gustavus)
- Occupational Therapy
- Optometry
- Osteopathic Medicine
- Physical Education (major @ Gustavus)
- Physician Assistant
- Physical Therapy
- Podiatry
- Public Health
- Veterinary Medicine
- Explore all the different opportunities in the Health Professions @ Explore Health Careers
## Health Professions Coordinator

<table>
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<th>Health Professions Coordinator</th>
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<td>• Career Counseling on various health professions- explore talents and interests</td>
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<td>• Advice on pre-requisites and program selection</td>
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<td>• Assistance with application and recommendation process</td>
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<td>• Advice on standardized test preparation</td>
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<td>• Health Profession Events (on and off campus)</td>
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<td>• Relationships with professional schools</td>
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<td>• Work with pre-health club on campus</td>
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<td>• Feedback on personal statements &amp; practice interviews</td>
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<td>• Prospective student presentations/meetings</td>
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Pre-Health Advisors

- Kent Kalm  Pre-Occupational Therapy
  Pre-Physical Therapy
- Jon Grinnell  Pre-Vet
- Paula Swiggum  Nursing & Pre-Public Health
- Jeanne Herman  Health Education
- Kyle Momsen  Athletic Training
- Heather Banks  Pre-Medical, Pre-Dental, Pre-Pharmacy, and other health professions
Visit the Gustavus Career Center Website

- Go to Gustavus Career Center website [http://gustavus.edu/careercenter/](http://gustavus.edu/careercenter/), click on right tab for Health Professions.
- Navigate to your area of interest

Example from Pre-Medicine Information:
- Pre-requisite Requirements
- Entrance Exam
- Application Process
- Gusties Attending Medical School
- Quick links for Pre-Med
Gustavus has partnered with the U of M to offer three FREE online short courses. For registration and details, click here.

- Planning for Medical School
- Personal Statements for a Health Profession
- Interviewing Skills for a Health Profession

These are FREE online short courses offered to you as a Gustavus pre-health student.
“Growth in healthcare is almost unstoppable:”
- Millions and millions of aging baby boomers
- Medical innovation

**Best Careers 2010: Healthcare**
- X-ray technician
- Veterinarian
- Lab technician
- Physical therapist
- Occupational therapist
- Registered nurse
- Physician assistant
- Optometrist
- Physical therapist assistant
- Dental hygienist
- School psychologist
The medical field dominates the top end of the list. Nine of the nation’s 10 highest-paying occupations are in the medical field.

Top Ten Best Paying Jobs
#1 Surgeons ($219,770)
#2 Anesthesiologists ($211,750)
#3 Oral & Maxillofacial ($210,710)
#4 Orthodontist ($206,190)
#5 OB/GYN (204,470)
#6 General-Internist ($183,990)
#7 Physicians ($173,860)
#8 Family & General Practice ($168,550)
#9 Chief executives ($167,280)
#10 Psychiatrists ($163,660)
Pre-Health Student Preparation ALL Four Years

- 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.)
First Year Pre-Health @ Gustavus

- Pre-requisite required coursework
- Do well in ALL classes, establish high GPA
- January Interim course (choose elective or look at research course)
- Gain some experience with a two hour to one day shadow experience, informational interview, research pre-health career area
- Complete the U of M FREE short course on Planning for Medical School
- Join the Gustavus Pre-Health Club or similar organization
- Apply to Summer pre-health enrichment opportunities/research opportunities
Sophomore Year Pre-Health @ Gustavus

- Pre-requisite required coursework, maintain high GPA
- Start to look at pre-health graduate programs of interest and requirements
- Do a January Interim Career Exploration for Credit
  *Awesome local opportunity for 16 pre-health students; earn credit, 30+ hours health observation for the month of January. Pick up an application in the Career Center (deadline Oct. 19, 2010)*
- Volunteer or get involved in something of interest to you and continue during next three years.
- Apply to Summer pre-health enrichment opportunities/research opportunities
January Interim @ Gustavus

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

A few Health Sites from Interim 2010
- ISJ Rotation Experience (Interim 2011 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
Junior Year Pre-Health @ Gustavus

- Pre-requisite required course work, maintain high GPA
- Finalize list of graduate programs for applications
- Study or begin to think about timeline for taking entrance exam (MCAT, GRE, DAT, etc.)
- Letters of Recommendation
- Centralized application will open end of Spring
- Complete the U of M FREE short course on Personal Statements for a Health Profession
- Begin drafting Personal Statement
- Continue to volunteer or participate in activity of interest
Junior Summer Pre-Health @ Gustavus

(if planning to go directly into graduate program)

- Take/study for Entrance Exam
- Finalize Personal Statement
- Complete centralized Application (transcripts, essays, etc.)
- Begin supplemental applications
- Complete the U of M FREE short course on Interviewing Skills for a Health Profession
- Continue to gain pre-health experience
Senior Year Pre-Health @ Gustavus

- Complete final pre-requisite required courses, maintain high GPA
- Research schools prior to interview
- Do a practice interview prior to your first “REAL” interview
- Research and learn more about graduate programs to help narrow decision
- Continue to volunteer or participate in activity of interest
- Make decision about future!
In Conclusion

- Get involved @ Gustavus
- Gain experience in health care area of interest. This is a MUST for understanding field and being a competitive applicant.
- Maintain a competitive GPA
- Make good connections with professors and supervisors during your time at Gustavus
- Enjoy your experience @ Gustavus!
- Health Professions Coordinator here to help, Heather Banks, hbanks@gustavus.edu