

Pre-Health Student @ Gustavus



**HEATHER BANKS
INTERIM HEALTH PROFESSIONS
COORDINATOR**

MANY Health Career Options



Pre-Med...is not the only 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!

Gustavus Health Professions Coordinator



**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



- 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
- Work with pre-health club on campus
- Feedback on personal statements & practice interviews
- Prospective student presentations/meetings

Visit the Gustavus Career Center Website



- Go to Gustavus Career Center website <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](#)

A must DO for Pre-Health Students @ Gustavus!



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.

U.S. New & World Report's America's Best Careers 2010: Healthcare



- “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 best paying jobs...



Forbes.com The best and worst paying jobs (May 17, 2010)

- 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