Preparing for a Health Career at Gustavus

HEATHER BANKS
INTERIM HEALTH PROFESSIONS COORDINATOR
As one of the largest industries in 2008, healthcare provided 14.3 million jobs for wage and salary workers.

Ten of the 20 fastest growing occupations are healthcare related.

Healthcare will generate 3.2 million new wage and salary 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
“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)
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!
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 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
Q: For Pre-Health professions, how would Gustavus help?

A: Extremely strong science departments and many research opportunities. Howard Hughes Medical Institute Research Grant

Liberal arts degree in any area as long as pre-requisite courses are completed...

Possible majors:
Biology, Chemistry, Psychology, English, Biochemistry, Art, Music, Health Education, Political Science, Health & Exercise Science
Q: What health-related majors are offered at Gustavus?

A: Athlete Training
    Health Fitness
    Nursing
    Physical Education/Health Education
Where do students go AFTER Gustavus?

Fall 2010, Medical School
23 students (14 class of 2010 and 9 alumni)

- University of Minnesota (7 students)
- University of Iowa (4 students)
- University of South Dakota (3 students)
- Mayo (2 students)
- University of North Dakota (2 students)
- Stony Brook University (Stony Brook, NY)
- University of Nebraska
- Uniformed Services University (Baltimore, MD)
- Albany Medical College (Albany, NY)
- George Washington University (Washington D.C.)
<table>
<thead>
<tr>
<th>Field</th>
<th>Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dentistry</td>
<td>• U of MN</td>
</tr>
<tr>
<td></td>
<td>• University of CA, San Francisco</td>
</tr>
<tr>
<td></td>
<td>• Creighton University (2 students)</td>
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<tr>
<td></td>
<td>• University of Illinois @ Chicago</td>
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<tr>
<td>Pharmacy</td>
<td>• U of MN</td>
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<tr>
<td></td>
<td>• U of Illinois</td>
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<tr>
<td></td>
<td>• U of Maryland</td>
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<tr>
<td>Physical Therapy</td>
<td>• U of MN</td>
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<tr>
<td></td>
<td>• Creighton</td>
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<td></td>
<td>• St. Scholastica</td>
</tr>
<tr>
<td></td>
<td>• Washington University, St. Louis</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>• Mayo</td>
</tr>
<tr>
<td></td>
<td>• St. Catherine University</td>
</tr>
<tr>
<td>Physician Assistant</td>
<td>• Augsburg</td>
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</tbody>
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Q: Where does the Career Center fit in?

<table>
<thead>
<tr>
<th>Health Professions Advising</th>
<th>Resources</th>
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</thead>
<tbody>
<tr>
<td>• Information on Health Careers</td>
<td>• Career Library</td>
</tr>
<tr>
<td>• Specific advising for medicine, dentistry, and pharmacy</td>
<td>○ Books, journals, admission guides</td>
</tr>
<tr>
<td>• General advising for all other health professions</td>
<td>○ General career information</td>
</tr>
<tr>
<td>• Online Resources Career Center Website: <a href="http://gustavus.edu/careercenter/health/">Health Professions</a></td>
<td>• Staff</td>
</tr>
<tr>
<td></td>
<td>○ 1:1 career counseling</td>
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<tr>
<td></td>
<td>○ Job search &amp; graduate school application assistance</td>
</tr>
<tr>
<td></td>
<td>○ Fairs/events related to career</td>
</tr>
<tr>
<td></td>
<td>• Website</td>
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<tr>
<td></td>
<td>○ <em>GustieJobs</em> internships and career exploration opportunities</td>
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</tbody>
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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
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
Q: Two Advisors- how does that work?

<table>
<thead>
<tr>
<th>Faculty Advisor</th>
<th>Pre-Health Advisor</th>
</tr>
</thead>
<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.)
Q: How do parents help?

- **Encourage exploration into health professions**
  - Websites, career resource books, mentoring and shadowing opportunities
  - ExploreHealthCareers.org

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

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