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
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


“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
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 bachelors degrees are offered at Gustavus?

A: ATHLETIC TRAINING
HEALTH FITNESS
NURSING
PHYSICAL EDUCATION/
HEALTH EDUCATION
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

Fall 2011, Dental School
6 students (2 class of 2011, 4 alumni)
Marquette University
Midwestern University-Illinois
University of Minnesota (3 students)
University of Pittsburgh

Fall 2011, Pharmacy School
4 students (4 class of 2011)
University of Minnesota (3 students)
University of Colorado

Physical Therapy
- U of MN
- Creighton
- St. Scholastica
- Washington University, St. Louis
- Des Moines University

Occupational Therapy
- U of MN- Rochester
- Colorado State University
- St. Catherine University
- Thomas Jefferson University

Veterinary Medicine
- U of MN
<table>
<thead>
<tr>
<th>Health Professions Advising</th>
<th>Resources</th>
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<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: Health Professions</td>
<td>• Staff</td>
</tr>
<tr>
<td><a href="http://gustavus.edu/careercenter/health/">http://gustavus.edu/careercenter/health/</a></td>
<td>◦ 1:1 career counseling</td>
</tr>
<tr>
<td></td>
<td>◦ Job search &amp; graduate school application</td>
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<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>◦ <strong>GustieJobs</strong> internships and career</td>
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<td>exploration opportunities</td>
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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-dental, pre-medicine, pre-pharmacy clubs on campus
- Feedback on personal statements & practice interviews
- Prospective student presentations/meetings
<table>
<thead>
<tr>
<th>Advisor</th>
<th>Areas of Focus</th>
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<tbody>
<tr>
<td>Kent Kahm</td>
<td>Pre- Occupational Therapy, Pre-Physical Therapy</td>
</tr>
<tr>
<td>Jon Grinnell</td>
<td>Pre-Vet</td>
</tr>
<tr>
<td>Paula Swiggum</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>
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**Q: Two Advisors- how does that work?**

<table>
<thead>
<tr>
<th>Faculty Advisor</th>
<th>Pre-Health Advisor</th>
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<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 can parents help?

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

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

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