Pre-Health 101: Introduction to Careers in the Health Professions

Wednesdays Fall 2019 1:30 – 2:20

GEN ST 297 M (15599) Standalone Seminar

GEN ST 297 N (15600) paired with Pre-Health FIGs

Learning Outcomes – Students will be able to:

- Effectively utilize advising and career coaching resources as they navigate the UW
- Prepare for profession of interest, including course & major planning and identifying opportunities for research, leadership & clinical exposure
- Articulate personal fit with health profession of interest through career exploration & reflection on interests, values & skills

This is a one-credit seminar graded as Credit/No Credit. Students who score 80 or more points out of a possible 100 points will receive credit. Students' scores include points for attendance (3 points per class session x 11 sessions = 33 points total) and five writing assignments (9-20 points each for a total of 67 points). Assignments turned in late will be subject to an appropriate penalty (10% if turned in one week late or less, 20% if turned in more than one week late).

Session Topics:

- Introduction & Expectations
- Identifying your Dependable Strengths
- Exploring Healthcare Careers
- Gaining Clinical Exposure
- Enhancing Academic Performance
- Course & Major Planning
- Demonstrating Leadership
- Connecting to Research Opportunities
- Striving for Balance
- Identifying Next Steps

Assignments:

1. Student Self-Assessment, Part 1: Complete a survey in Canvas reflecting on where you are in your health career exploration process at the beginning of the quarter.

2. Dependable Strengths Reflection: Complete a survey in Canvas reflecting on Dependable Strengths exercises to identify how these strengths shape your academic and career paths.

3. Career Exploration Reflection: Complete a survey in Canvas reflecting on health careers highlighted in Career Panels to identify careers that would be a good fit with your skills & interests.

4. Enhancing Academic Performance Reflection: Complete a survey in Canvas reflecting on study and test-taking skills to identify new strategies for academic success.

5. Student Self-Assessment, Part 2: Complete a survey reflecting on seminar content to identify next steps for navigating preparation & application processes for healthcare profession of interest.