

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