

What is a career?

/ A career is an occupation or profession that requires special training.

Health careers are designed to familiarize students with the various careers in the medical profession and allied health services.

Students will learn skills necessary for their career path, which in this case is in healthcare. These include working with others, communication skills, legal and ethical responsibilities, cultural considerations in healthcare industry, problem solving, decision making, accepting personal responsibility, and self-management.

Health career Planning refers to an individual's plan to make a career choice, growing in the chosen career or making a career shift. Career planning involves the very important step of self-assessment.

Self-assessment is necessary to understand one's capabilities and drawbacks. The various career options should be explored in detail to find a fit between one's abilities and the opportunities provided by a career option. It involves continuous learning and improvement to build and grow in the chosen career path.

WHY PURSUE A HEALTH CAREER?

YOU'LL MAKE A DIFFERENCE IN
PEOPLE'S LIVES

- Good salary
- Job Security
- Do work that interests you
- Find a health career that fits your educational plans
- A clear path to advancement
- Work with people (or not)

COMPONENTS AND STEPS IN MAKING A HEALTH CAREER PLAN

Self Assessment

Discover your personal strengths through self-assessments (values, interests, personality, testing, skills, etc).

- Considering hobbies and interests
- Evaluating skills and abilities
- Exploring strengths and weaknesses
- Knowing personality and experiences

Career Exploration

You can

explore
different careers and work
environments
through career fairs, online
research,
meetings, internships, alumni connections, professional resources.

Conducting interviews

- Job shadowing and Job temping
- Listing health career options
- Volunteering and attending internship

Decision Making

Before you decide on taking a career that works for you, you can evaluate and narrow down your options through listing the pros and cons, comparing your personal strengths and interests, and deciding which

career

fulfills both current and future goals.

- Choosing a health career
- Considering suggestion of family
- Listing down of pros and cons of chosen health career
- Narrowing down of health career options

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Plan of Action

Plan achievable goals and develop
strategies to
reach

your goals,

OBJECTIVE

organize your goals into smaller steps, identify actions for each steps,

COLLABORATION

utilize helpful people and resources, review and adapt your plan regularly.

IMPROVEMENT

STRATEGY

ACTION PLAN

SCHEDULE

IMPLEMENTATION

- Creating road map towards health career goals
- Designing plans to reach health career goals
- Developing strategies to achieve health career goals