

DECIDING UPON A CAREER IN HEALTH

THINGS TO CONSIDER

? Your interests

- What do you like to do?
- How do you like to spend your time?
- Would you rather work with people, things or data?

? Your values

- What is important to you (helping others, making money, gaining knowledge, making new discoveries, having a challenging career)?

? Your skills

- What are you able to do well?
- What comes naturally to you?
- Which of these skills do you possess?

Supervising	Solving problems	Communicating	Speaking in public	Teaching
Writing	Listening	Managing	Budgeting	Conceptualizing
Negotiating	Researching	Designing	Planning	Facilitating
Drawing	Developing	Making decisions	Handling crisis	Performing

List others:

? Your personality

- How would others describe you?
- How would you describe yourself?
- Which words describe you?

Honest	Ambitious	Assertive	Quick Learner	Hard-working
Flexible	Adaptable	Mature	Dependable	Open-minded
Sincere	Trustworthy	Persistent	Friendly	Curious
Funny	Positive	Motivated	Enthusiastic	Able to lead

List others:

KNOWING YOURSELF

There are many health-related careers. By answering some of these questions and learning about various careers you can find a fit that's right for you. There are no right or wrong responses. You can check more than one response for each question. Think about yourself and check the answer that describes you best.

? **How much do you wish to work with people?**

- I want on-going interaction with people, like a nurse.
 I would like some contact with people, but would rather focus on my skills and abilities than interpersonal relationships, like a surgeon.
 I would like little to no contact with people, like a researcher or lab technician.

? **Are you comfortable with science studies?**

- I like science and do well academically in sciences. Science comes naturally to me.
 I like science, but need to focus, study hard and ask for assistance. Understanding science does not come easily to me.
 Sciences are not very interesting to me. I will have to make myself get through them to be a health professional.

? **Are you prepared to enter a career where you will have to spend significant time and effort keeping up with the latest developments in your field?**

- The idea of on-going study of my chosen career is motivating to me.
 I understand that I will have to continue learning about my field, but the thought is not exciting to me.

? **What type of health-care setting would you prefer?**

- I would like to work with a wide variety of people.
 I would rather focus on a particular age group.
 adult
 elderly
 infant
 youth
 I would like to work with technology.
 I would like to work with data or records.
 I would consider working in a rural area.
 I would like to work in a large medical center.
 I would like to work in a small office setting.

? **What kind of lifestyle do you envision?**

Level of responsibility

- I would like to deal with life and death situations.
 I would like to assist other medical professionals and be part of a team.
 I would like to have direct patient care.
 I would like to advance medical knowledge through research.
 I would like to manage other people.

Time/Work/Leisure/Family

- I would not mind having a career where I spent more time at work than with my family.
 I would like a career where I am "on-call" and must respond at any time.
 I would like a balanced life, where work, family and leisure are all equally important.
 I would not like a career where I was "on-call".
 I would like a career where I could put my work aside to focus on family and other activities.

Stress

- I strive on stress, the higher the better.
- I know how to handle stress and high stress doesn't bother me.
- I would do well in a setting where the stress level varies from low to high.
- I know how to handle stress, but prefer situations where stress is low.
- I need to work on my stress management skills, but think I could do well in a high stress situation.
- I need to work on my stress management skills and know that high stress situations are not motivating or healthy for me.

THE DESCRIPTION OF YOUR IDEAL CAREER

Compile the statements you have checked and the questions you have answered by putting them together and writing a descriptive paragraph.

SAMPLE

I would like a career that fits my interests, values, skills and personality. I enjoy reading, meeting new people and being creative. Family is very important to me. I would like a career where I am recognized for my accomplishments and where I can be promoted. Some of my skills are researching, writing, and communicating. People would describe me as dedicated, reliable, and serious.

I want a career where I have on-going interaction with people. I feel uncomfortable with science and would not want a health career where science courses are a large requirement. I understand that I will have to keep learning after I graduate, but that is motivating to me. I would be willing to work in a rural setting, but would like to work with the elderly. I would like to be part of a team of medical professionals and have direct patient care. I would like a career that allows me to balance work, family and leisure, where I am not on-call and where the stress level varies from low to high.

MY IDEAL CAREER

INVESTIGATE AND EXPLORE

Now that you have described your ideal career, the next step is to explore health careers and find a match. There are many ways to learn about different careers, here are a few ideas to help get you started.

- ? Read about different health careers on-line
 - Health Professions Resources <http://uts.cc.utexas.edu/%7Eknauff/resources/index.html>
 - Occupational Outlook Handbook <http://online.onetcenter.org/>

- ? Meet with people in different health careers. Ask them some of these questions.
 - What is a typical day like?
 - What type of education and experience did you need to get into your field?
 - What are the best and worst things about your job?
 - What advice would you give me if I was to pursue the same career as you?

- ? Volunteer in different health-care settings.

- ? Make a list of careers you think you are interested in. Cross them off if you are no longer interested in them or can't meet their academic requirements.

SOME HEALTH CAREERS I WOULD LIKE TO INVESTIGATE ARE:

HELPFUL HINTS

- ? Make an appointment with your Academic Advisor to discuss your options for an appropriate major.

- ? Take an Interest Profiler on line at www.onetcenter.org/IP.html

- ? Take the Work Importance Locator on line at www.onetcenter.org/WIL.html

- ? Take the ECU Allied Health Careers Assessment on line at <http://www.ecu.edu/ah/ah.htm>

- ? Interested in a career in Allied Health contact the Allied Health Sciences Advisor at 252-328-1084 or visit the Bate Advising Center in 2300 Bate Building.

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