

Preparing for Health Professions in High School

GOOD STUDY HABITS!

- Take academically challenging classes. If you are from Wyoming, the Hathaway requirements are only a start.
- Do your best to get good grades.
- READ something extra every day (a novel that challenges your abilities, high quality non-fiction, and/or a reliable news source). Glancing at a few internet news articles is not adequate.
- Develop good writing and thinking skills. These are habits that need to be practiced.

FOUNDATIONAL SUBJECTS

All careers in health care require a foundation of the biological sciences. Social Work is the exception, but it requires a strong background in the social sciences.

Prepare yourself to succeed in college science courses necessary for health careers by taking the following courses in high school:

- Math EVERY semester, even if your high school does not require it.
- Extra science courses, above and beyond your high school requirements.
- Communication courses: English, speech, foreign languages

NOTE: Only take health career classes at high school if they do not interfere with math, science, and communication courses!

LEADERSHIP & EXPERIENCE WORKING WITH A VARIETY OF PEOPLE

Seek experiences that offer leadership and opportunities to work with a wide variety of populations:

- Excel at and lead within the high school activities in which you are engaged.
- Engage in community service projects, which offer a chance to develop communication skills and to learn about the needs that health care tries to address.
- Seek out opportunities to work with people who are different from you and *learn from them!*

LEARN ABOUT HEALTH CARE

- Volunteer or work in health care!
- Talk to health care providers about their careers and professions. What do they like or not like about their job?
- Follow health care issues in reliable news sources.
- Read high quality non-fiction about health care providers and issues.
- Exploring your options? Check out <http://explorehealthcareers.org/> for information about a number of careers in health care!

For information about opportunities at the University of Wyoming's College of Health Sciences:

<http://www.uwyo.edu/hs/welcome-to-health-sciences/index.html>

For information about preparing for professional health programs: <http://www.uwyo.edu/preprof/>

Questions? Contact the Health Sciences Advising Center at (307) 766-3878 or hsadvise@uwyo.edu