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