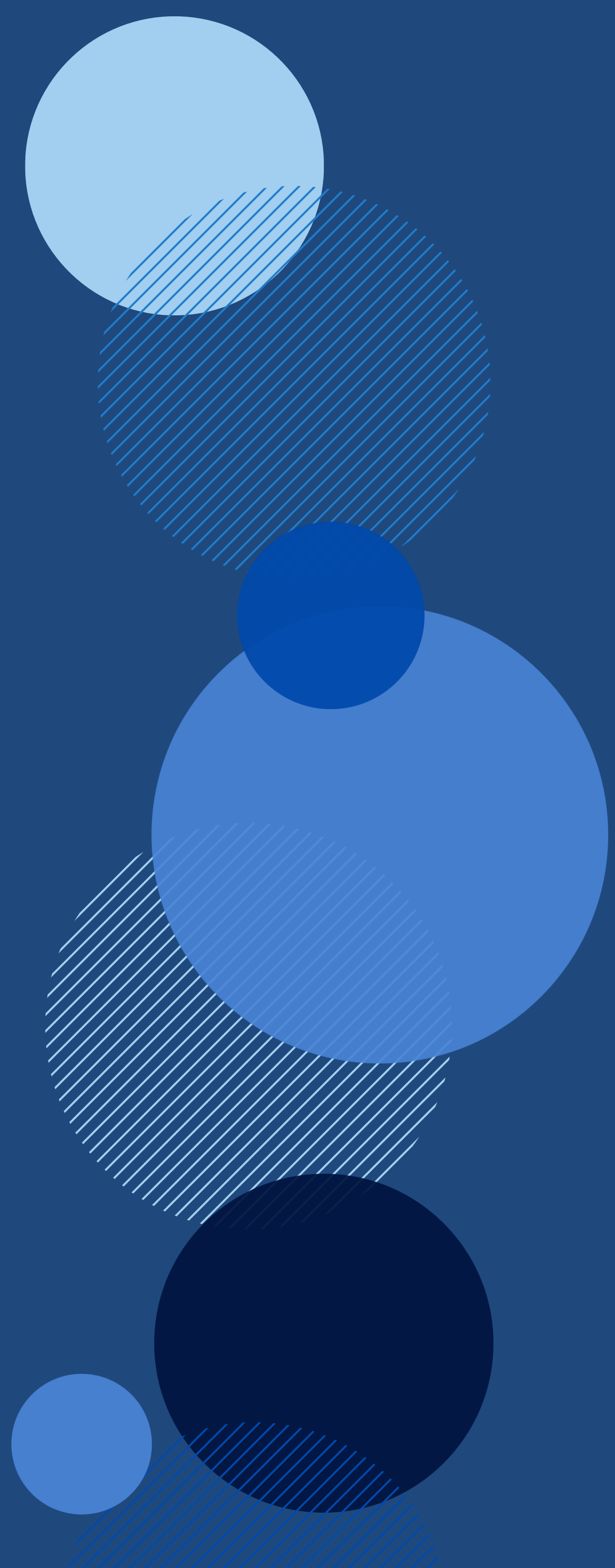
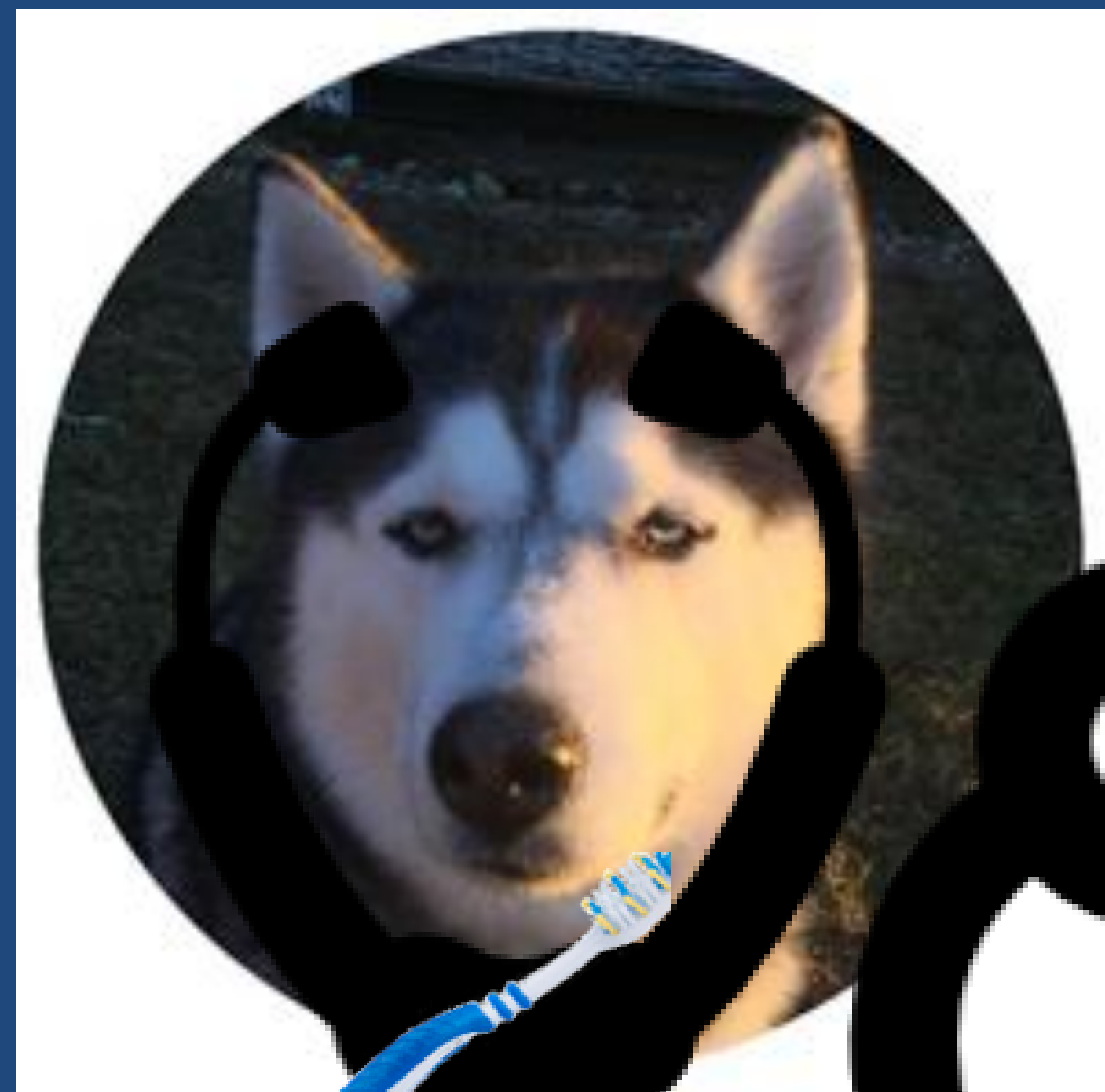


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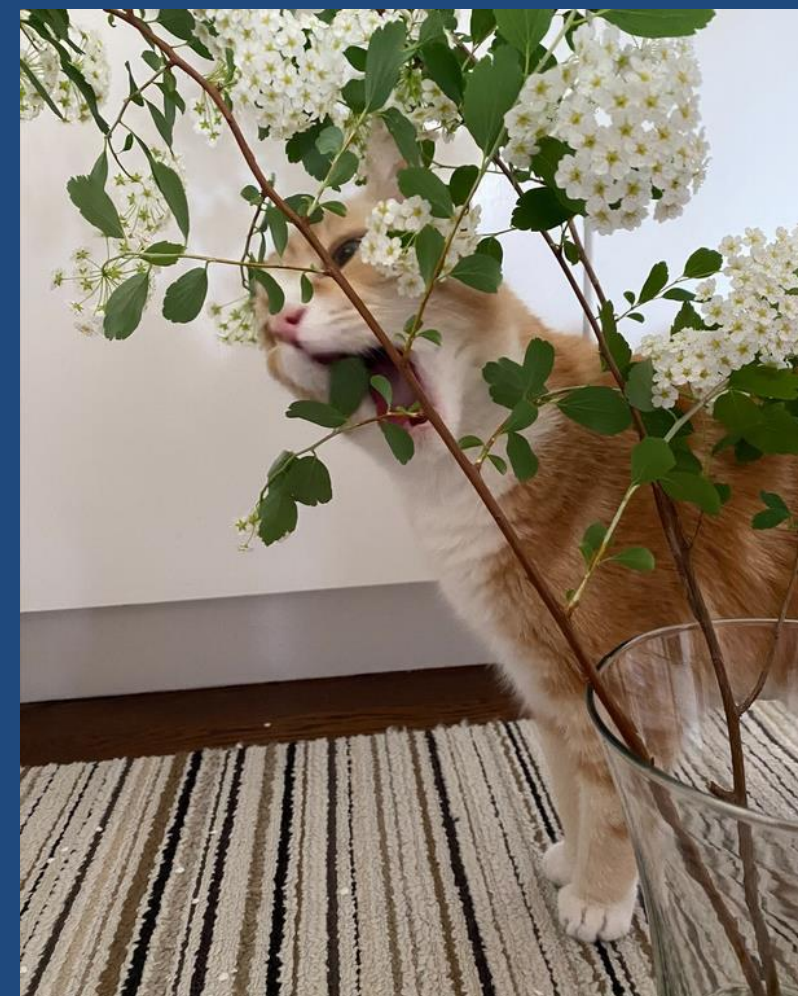
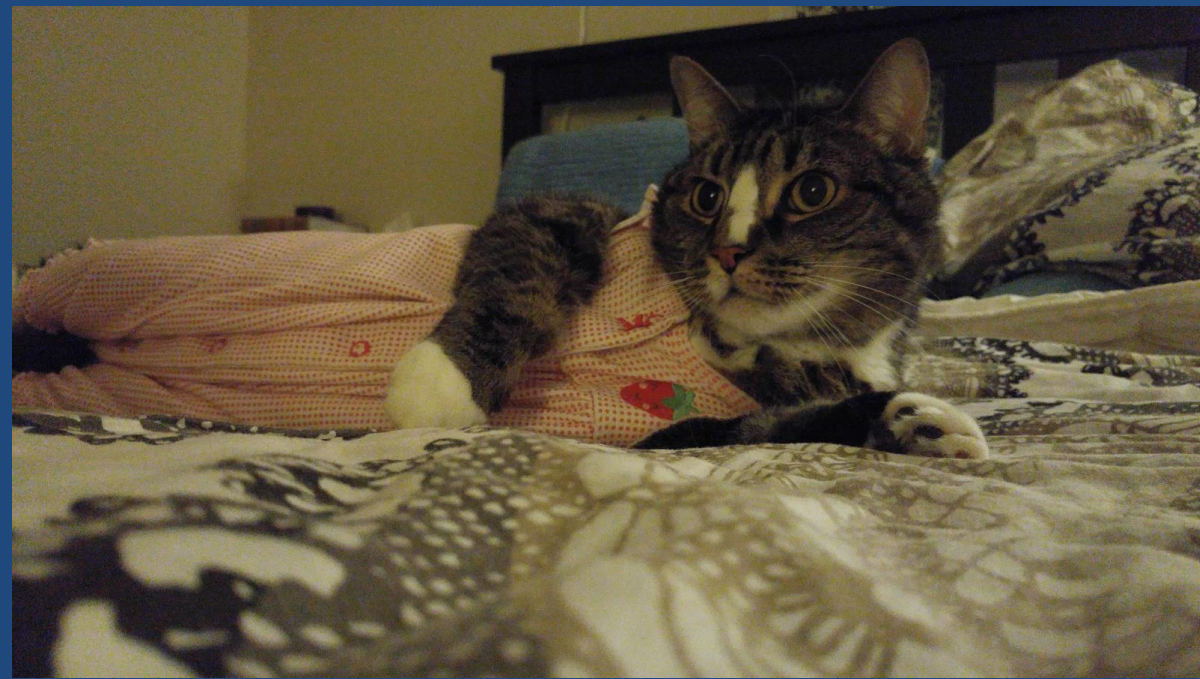
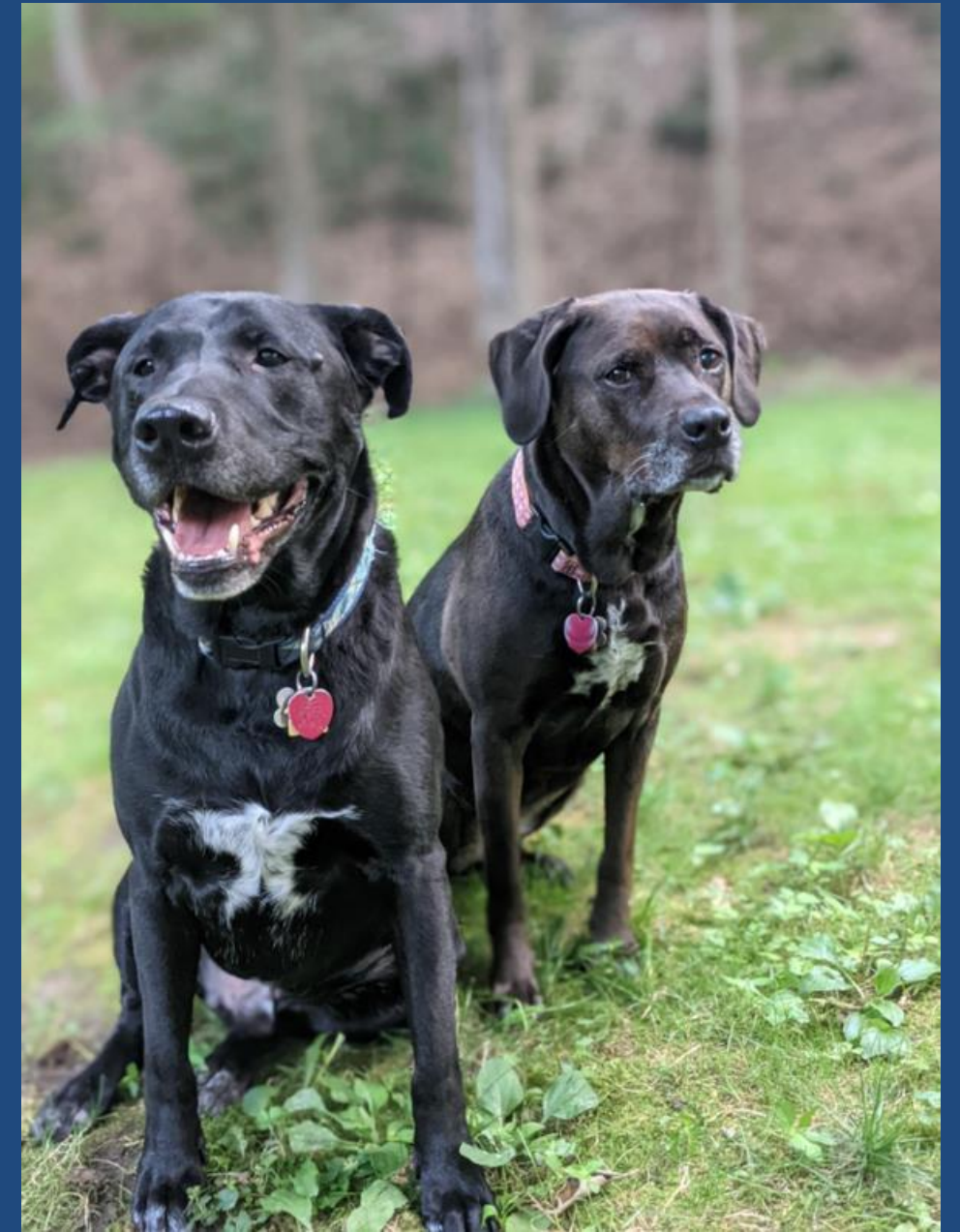
Fall 2021

Husky Health Foundation Workshop:
Exploring Health Professions



Pet Policy

If a pet enters the camera frame of a presenter during our presentation, we will "paws" our discussion for an introduction to that pet and admiration by all.



Fall 2021 Health Foundation Series

SAVE THE
date

HUSKY HEALTH FOUNDATION WORKSHOPS VIRTUAL FALL SERIES 2021

Co-Curricular
Engagement

Tues, Sept 28 2-3pm

Understanding
Your Values

Tues, Oct 19 2-3pm

Exploring
Health Professions

Tues, Nov 9 2-3pm

HUSKY HEALTH FOUNDATION WORKSHOPS VIRTUAL FALL SERIES 2021

Tuesday, November 9
2:00 - 3:00 pm

**Exploring
Health Professions**

Want to learn more about health professions options, beyond the traditional MD/DO paths?

Interested in learning more about how you can thoughtfully explore potential career paths?

You'll leave with a plan for intentional exploration and growth in your pre-professional journey!

JOIN HERE

<https://uconnvtc.webex.com/meet/preadvis>

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Fall 2021 Series

COMING
SOON

CHAT WITH ALUMNI VIRTUAL FALL SERIES

First
Generation

Wed, Oct 6th 7pm

Growth
Years

Wed, Oct 27th 7pm

MD-PhD
Programs

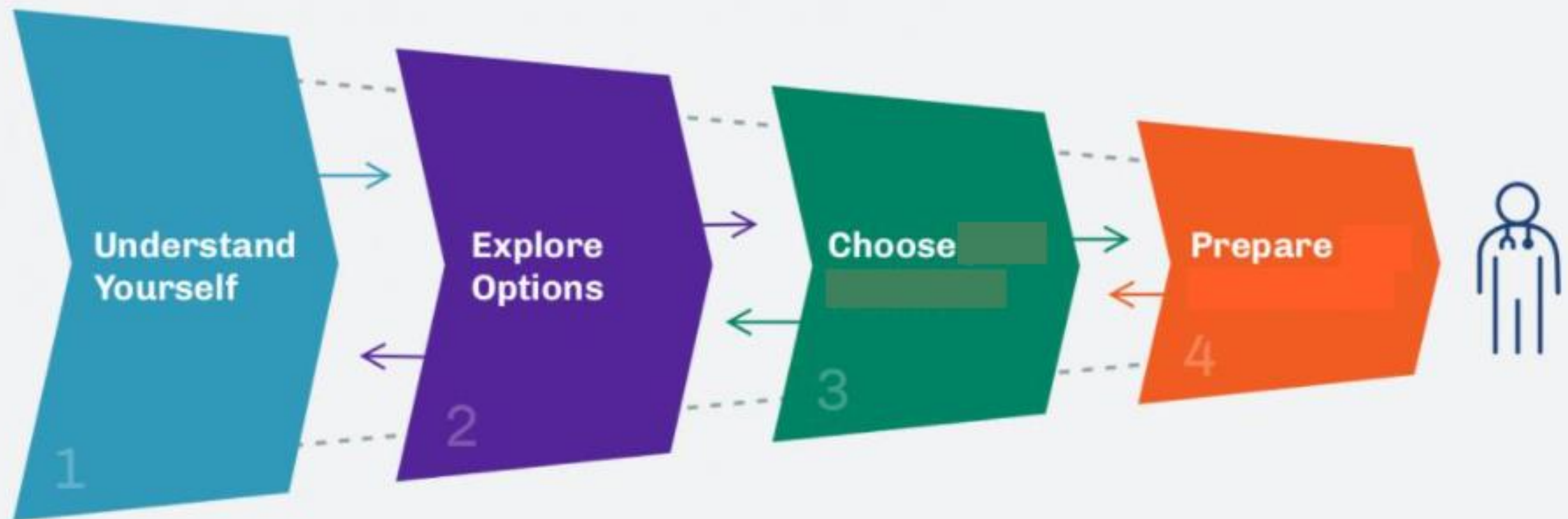
Wed, Nov 17th 7pm

Goals for Today

Participants will:

- Reflect on and review their strengths, values, and motivation for pursuing health professions
- Gain a basic understanding of the differences between popular health professions
- Learn about different ways that they can explore health career pathways
- Determine two concrete ways that they will intentionally explore and engage

Finding Your Fit



“It is widely recognized across fields that individuals who fit their field, work setting/environment, and other related factors are more happy and satisfied, and, thus, more engaged, productive, or high-performing.”
-Association of American Medical Colleges

Reflect and Review (Phase 1)

1. What are your three greatest strengths?
 - Consider the AAMC competencies as you frame your strengths, but also think 'outside the box'
2. Why are you most interested in exploring or pursuing a health care career—beyond just “helping people?”

Explore Your Options (Phase 2)

- Finding comfort in the discomfort
- Taking your time
 - Growth in growth/gap years (becoming the norm)
- Costs of not fully exploring
 - Financial, time, effort

Medicine

What you do: “Physicians support and manage the health care of people of all ages. They take medical histories, perform physical examinations, conduct diagnostic tests, recommend and provide treatment, conduct research, and advise patients on their overall health and well-being” (Association of American Medical Colleges).

- 1. Primary care physicians:** are visited by patients most frequently and are able to develop long-term relationships with those patients
- 2. Surgeons:** responsible for performing operations to treat diseases and repair injuries
- 3. Specialists:** have expertise in a certain field related to diseases, parts of the body, organs and systems.

Medical Doctors:

- Do I care deeply about other people, their problems, and their pain?
- Do I enjoy learning, gaining new understanding?
- Do I often dig deeper into a subject than my teacher requires? Do I understand the value of learning beyond just making good grades?
- Am I interested in how the human body functions?
- Am I intrigued by the ways medicine can be used to improve life?

Medicine

MD vs. DO

Similarities

- Programs are typically four years
- Programs are followed by three to seven years of residency
- Physicians are fully certified after passing board exams
- *Graduates can practice any specialty*

Differences

- 152 MD-granting schools in the U.S.
- 34 DO-granting schools in the U.S.
- MD students take the USMLE licensing exams
- DO students take the COMLEX licensing exams
- *DO students receive additional training in the musculoskeletal system and the Osteopathic Manipulative Treatment*

Dentistry

What you do:

- Evaluate the overall health of their patients while advising them about oral health and disease prevention.
- Perform clinical procedures, such as exams, fillings, crowns, implants, extractions and corrective surgeries.
- Identify, diagnose and treat oral conditions.
- Perform general dentistry or practice in one of nine dental specialties.

Length of program: 4 years

Common personality traits: comfortable with very close personal interaction, easy to talk to, detail-oriented, trustworthy, team-oriented, communicator, caring and concerned about how the patient feels, *artistic*

To consider: lifestyle/work flexibility, specialization options

Physician Assistant/Associate

What you do:

- “Diagnose and treat illness and disease and to provide medication for patients. PAs work in physician offices, hospitals, and clinics in collaboration with a licensed physician.” (PAEA)
- Have the **autonomy** to take medical histories and perform physical exams, order and interpret laboratory tests, assist in surgery and set fractures, counsel patients, and manage treatment plans.
- Have **significant and sustained interactions** with patients.
- You are **collaborative, versatile, and patient-centered.**

Physician Assistant/Associate

Length of program: 3 years

Unique required preparation: 1000+ hours of direct patient care experience, typically accumulated before you apply to PA school

Nursing

What you do:

- “The glue that holds a patient’s healthcare journey together.”
- Coordinate and provide patient care, perform physical exams, take health histories, and counsel patients and family
- Can be a primary or specialty health care provider

Characteristics: independent, leaders, patient-facing, appreciate variety in work

Required preparation: varies; multiple opportunities for advanced degrees (RN, APRN, Nurse Practitioner)

PA vs. Nurse Practitioner

- PAs are educated in general medicine, which offers a comprehensive view of all aspects of medicine. NPs must choose a “population focus,” such as a pediatric nurse practitioner or women’s health nurse practitioner.
- PAs are trained to practice medicine using a curriculum modeled on medical school education. NPs are trained in the advanced practice of nursing.

Source: https://www.aapa.org/what-is-a-pa/#accordion_panel--2--what-is-a-pa

Pharmacy

What you do:

- Prepare and dispense prescriptions, ensure medicines and doses are correct, prevent harmful drug interactions, and counsel patients on the safe and appropriate use of their medications
- Have “unique and specialized expertise about the composition of medicines, including their chemical, biological, and physical properties, as well as their manufacture and use” (AACCP)

Pharmacy

Characteristics and opportunities:

- Take patient health histories, counsel and educate patients about their care, collaborate with physicians to develop medication treatment plans
- Requires good memory, attention to detail, regular learning, empathy, altruism, teamwork, communication, counseling, and problem solving

Required preparation: 4 years (doctor of pharmacy)

Public Health

What you do:

- Protect and improve the health of individuals, families, communities, and populations, locally and globally.
- Focus on preventing disease and injury by promoting healthy lifestyles.
- Implement educational programs, develop policies, administer services, conduct research, and regulate health systems to achieve these goals (ASPPH)

Some areas of focus: improving global health, advancing environmental health, reducing the impact of natural disasters and global epidemics and addressing health disparities.

Physical Therapy

What you do:

- Help people maximize their quality of life through prescribed exercise, hands-on care, and patient education.
- Work with people of all ages and abilities, and in a variety of settings--help people rehabilitate from devastating injuries, manage chronic conditions, avoid surgery and prescription drugs, and create healthy habits (APTA)
- Can have a profound impact on people's lives.

Physical Therapy

Work in a variety of settings, from hospitals to outpatient clinics to homes, schools, sports facilities and nursing homes.

Characteristics and values: accountability, altruism, compassion, integrity

Required preparation: doctor of physical therapy (typically three years)

Additional Pathways and Resources

premed.uconn.edu/exploration

Career Exploration

Career Exploration

Medicine

Dental Medicine

Physician Assistant

Nursing

Optometry

Pharmacy

Physical Therapy

Podiatry

Public Health

Veterinary Medicine

There are many different paths to finding a career in healthcare. Our office encourages pre-health students to actively explore the variety of health career options to ensure that they are pursuing a profession that will be personally and professionally fulfilling and a good fit for their strengths, interests and long-term goals.

Other areas to explore:

-Optometry, podiatry, vet med, healthcare administration, research scientist, counselor, athletic training – the possibilities are endless!

Intentional Exploration

- Different time commitments of each method
- Importance of relationship building
- Use your resources
- Don't be afraid to ASK!
- Always share your gratitude

How to Explore

Coursework

- *Goal:* cultivate areas of breadth, depth and rigor
- Consider service-learning or experiential classes
- *Time commitment:* ongoing

Student Clubs and Organizations

- *Goal:* seek involvement in groups that align with your interests, offer you various ways to explore the pre-health and/or service fields, and allow for growth in leadership opportunities
- *Time commitment:* ongoing

How to Explore

Networking

- *Goal:* create connections with people in a field or area of interest who can, in turn, connect you with others who may help you on your path
- Requires some initiative and willingness to reach out
- *Time commitment:* ongoing

Informational Interviewing

- *Goal:* learning more about a particular profession or area of study
- *Time commitment:* about 30 minutes-1 hour, plus follow-up

How to Explore

Volunteer Work/Service

- *Goal:* maintain longitudinal commitments to service opportunities that reflect your authentic passions

Shadowing

- *Goal:* follow a healthcare professional during their workday and observe the flow of their job to 1) gain experience, 2) understand the role of that person as a part of the healthcare team, 3) observe the provider-patient interaction
- *Time commitment:* minimum of a few hours at a time; ideally, 50 or so in different areas/specialties

How to Explore

Paid Clinical Experience

- *Goal:* gain one-on-one interaction with patients and/or directly administer healthcare in some form to show schools you have hands-on experience in your field of interest
- *Time commitment:* varies

Research

- *Goal:* supplement classroom and clinical learning by working in lab setting to cultivate skills of critical thinking, scientific inquiry, teamwork, etc.
- *Time commitment:* varies

Reflection

With any experience you have during your pre-health journey, it is important to reflect on it, identify some takeaways, and see how those takeaways can help you make future decisions.

Reflection

Strategies for reflection will vary based on the type of experience. Some general questions you can use to reflect are:

1. Did I like or dislike this experience? What was it that I liked or disliked about it?
2. What did I learn from this experience? How does what I learned align with my future goals?
3. Is this experience something I want to replicate in the future? If yes, how could I accomplish that? If no, what might I want instead?

Valuable UConn Resources

- Pre-Medical & Pre-Dental Advising Office
 - Alumni network
 - Peer ambassadors
 - We can help you plan!
- Center for Career Development (CCD)
 - Healthcare and Wellness Career Communities
 - Husky Mentor Network
 - Career Coaches
- UConn Office of Community Outreach (one-time and ongoing service opportunities)

Valuable UConn Resources

- Allied Health Sciences Advising Center
- Office of Undergraduate Research (OUR)
- Health Career Opportunity Programs (through UConn School of Medicine)
- University of Connecticut Health Leaders (UCHL)
- Collegiate Health Service Corps (CHSC)

Making a Plan: Next Steps

Consider:

1. Who is on your “team?”

- Family, friends, mentors, coaches, lab mates, roommates, professors, your own doctors, your pre-med/dent advisor
- Who can you reach out to in order to enable connections?

2. What information do you need to thoughtfully explore? Conversations? Written materials? Seeing work in action? What are you missing?

Making a Plan: Next Steps

3. How have you explored so far? What is the next natural step?

- Reconnecting with someone you know
- Reaching out to the Pre-Med/Dent Office
- Scheduling an appointment with the Center for Career Development
- Attending a “Getting Started in Undergraduate Research” session with OUR
- Setting up an informational interview with a healthcare provider
- Identifying a service opportunity that you care about

Words of Wisdom

“I took a gap year after undergrad and another after my post-bacc. My main goal during these years was to expose myself further to the field of healthcare to see if I truly enjoyed the work or if I was just romanticizing the entire idea.”

–Dike Udensi, Class of 2016, MD

“Network with your professors and really get close to faculty. They will guide you to your goals!”

–Jerry Gargano, Class of 2019, DMD

Words of Wisdom

"Our college experiences shape us...I have far too many colleagues and friends who regret that they didn't enjoy themselves and had a single vision of pursuing their career ambitions, and are still not happy in their "dream" careers...Focus on doing things that make you happy while also trying to become the best version of yourself in school, with friends and for yourself."

-Sarah Biedermann, Class of 2017, PA

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Thank You!

Questions? Comments?

premed_predental@uconn.edu