

Are You Planning a Career in the Health Field?

Vital Information for High School Students

Gaining admission to professional health field programs is highly competitive. There are simply more students applying than there are spots available. The grades you receive in your pre-requisite college courses should be excellent – not just okay. You must be a competitive applicant. It is imperative to first take courses in high school that will help build foundational knowledge and skills such as math, biology, chemistry, physics, human anatomy, and human physiology **before** taking college courses in the same area of study.

Equally important is being involved in extracurricular activities. It is important to think of your high school years as a huge stepping stone to the opportunities and experiences you can have in college. Your college experiences will be based upon what you were involved with in high school.

Although hours logged in high school will not count towards college pre-health activity hours, they are a chance for you to set yourself apart from other applicants when applying for college admissions, scholarships, employment, and college and community leadership positions. Think of these as networking opportunities to help you with referrals to other positions and experiences, letters of recommendation, internships, employment, etc.

Here are suggested activities to help build your experiences/skills but please visit the below UVU websites for specific information for your desired career, including college course pre-requisites.

- **Leadership:** Seek out ways to gain leadership positions or opportunities. This can be achieved through student council and school club organizations, as well as community, employment, and church leadership.
- **Volunteer Work:** This is a way to show your dedication to serving the community. Volunteer service can be done with any group or organization and does not have to be medically related.
- **Job Shadowing/Internships:** Students should gain exposure to their career choice and have a clear understanding of what life is like in that occupation. Start building skills and experience.

Pre-Health: <http://www.uvu.edu/prehealth/> - Click on “Professions” on the left.

Nursing: <http://www.uvu.edu/csh/nursing/> - Click on “Nursing Program Admissions Process” and watch the PowerPoint.

Dental Hygiene: <http://www.uvu.edu/csh/dental/> - Click on “AAS Application & Bulletin” for current year information.

IMPORTANT: Consider completing certification in areas such as nurse assisting, medical assisting, emergency medical tech, or pharmacy tech that are offered through the MATC (Mountainland Applied Technology College) to help you with your career goals. These are great opportunities for your senior year, especially the tuition benefit for high school students. Check with your high school counselor for additional information.