

Gilmore Guide to  
**EXPLORING HEALTHCARE CAREERS**

If you are trying to decide what career you want to pursue in medicine and healthcare, you **MUST** perform a great deal of research and find ways to immerse yourself in healthcare settings. Online career research, shadowing, interviewing professionals, volunteering in medical settings, and working in healthcare are all great ways to do so. Use the resources/recommendations below to get started:

**Questions to ask yourself as you read about careers, view career videos, shadow, perform informational interviews, volunteer, etc.:**

- What might I like about this profession? What might I *not* like about this profession?
- Is there something this professional does in their work that I was unaware of?
- What is unique about this profession compared to other careers in medicine?
- What talents, strengths, or personality traits do I have that would help me succeed in this profession?
- What weaknesses/traits might I have that would make this profession difficult/challenging for me?
- What would I find gratifying or not gratifying in this profession?
- Can I work with a specific population that I am interested in with this profession?
- What educational training is involved in the profession? Is this a path I am *realistically* able and willing to take?

Start with exploring your options online through resources like [www.explorehealthcareers.org](http://www.explorehealthcareers.org) You can also use [www.bls.gov](http://www.bls.gov) for data on salary trends and job growth. Once you see something that interests you, take the next step to shadow or do an “informational interview” with someone in that field (see below). This is the best way to explore whether something is the right fit for you. Tips:

1. Keep notes! Reflect on what you are learning about yourself and the profession.
2. Be *honest* with yourself about aspects of each profession and how they fit with your personality, ability, skills and goals.
3. Try to think about and identify what your “work values” might be as you explore.

**Work Values – What is important to you?**

- Day-to-day responsibilities (What skills would you need to perform them?)
- Leadership (Do you want to be in charge?)
- Patient interaction (How much? What type? Brief interactions or working with patients over time? How well do you want to know the patients/population that you work with?)
- Work/life balance, job flexibility and overall demands of your profession
- Amount of education or training required (How long do you want to be in school? How much debt are you willing to go into to get there?)
- Salary and Prestige (How do these rank against your other values? More or less important?)
- Community involvement or ability to give back/help others
- Many more! Google the term “work values” for examples

Through online research, shadowing, volunteering in healthcare settings and speaking with professionals you can better determine what is most important to YOU in a career. The following are some videos to show examples of some of the MANY great professions within healthcare. This list is not exhaustive! There are many other healthcare careers, so explore all of your options.

MD vs. DO: [https://www.youtube.com/watch?v=nfXignrzF6k&feature=em-share\\_video\\_user](https://www.youtube.com/watch?v=nfXignrzF6k&feature=em-share_video_user)

Dentistry: <https://www.youtube.com/watch?v=EdTNZyYlxjs>

Podiatry: <https://www.youtube.com/watch?v=nhD2AWiB0kE>

Pharmacy: <https://www.youtube.com/watch?v=QR4D5jJAZI8> and <https://www.youtube.com/watch?v=PJOryFMgw90>  
Optometry: <https://www.youtube.com/watch?v=igpejGDmtcE>  
Veterinary Medicine: [https://www.youtube.com/watch?v=CRRYLME\\_pnE](https://www.youtube.com/watch?v=CRRYLME_pnE) and <https://www.youtube.com/watch?v=ttt4PrMP3LI>  
Audiologist & Speech Pathology: <https://www.youtube.com/watch?v= OIcPbndZMo>  
Physician Assistant: <https://www.youtube.com/watch?v=2u5mr9ZEK3s>  
Physical Therapy: <https://www.youtube.com/watch?v=TbhKKPk78U> and <https://www.youtube.com/watch?v=r35FQT3u0J4> (watch both!)  
Genetic Counseling: <https://www.youtube.com/watch?v=x38ELQ7-p7s>  
Prosthetics & Orthotics: [https://youtu.be/JHPhOU\\_DGE?list=PLPpkODVKE\\_aTbT5WAekxo4prClhizFzv](https://youtu.be/JHPhOU_DGE?list=PLPpkODVKE_aTbT5WAekxo4prClhizFzv)  
Public Health: [https://www.youtube.com/watch?v=jA8uYvJ\\_i8Y](https://www.youtube.com/watch?v=jA8uYvJ_i8Y)  
ONLINE RESEARCH: [www.explorehealthcareers.org](http://www.explorehealthcareers.org) is THE BEST website out there for pre-health students to research career options. It links you to the educational and professional associations for almost any career in healthcare! You can also use [www.onetonline.org](http://www.onetonline.org) and [www.bls.gov](http://www.bls.gov) for up-to-date info on job growth, salary ranges, job skills, education trends, etc.

### **INFORMATIONAL INTERVIEWING**

Informational interviewing is an easy and effective way to get the “inside scoop” on professions you are interested in. Nothing can give you the amount of information you will receive from *speaking to someone directly and in person* in a particular field. Don’t be afraid to try it! Most professionals who enjoy their jobs are more than happy to do informational interviews with students. Here are resources to get you started:

- **Do’s and Don’ts of Info Interviewing:** <https://www.youtube.com/watch?v=ixbhtm8l0sl>
- **Networking, Preparing for and Conducting an Informational Interview:** <https://www.youtube.com/watch?v=wZor7bWEIXc>
- **Sample Questions to Ask:** You can find countless lists of potential questions through Google, but check out <https://career.berkeley.edu/Info/InfoQuestions.stm> or <https://www.livecareer.com/quintessential/information-interview> Be SURE to tailor questions for healthcare careers. For example, “How did you decide to work for this company?” may not be an appropriate question. You can tailor this for your field of interest, such as “How did you decide to work in a hospital setting in lieu of a clinical setting?”.

### **Information Interviewing Tips:**

- Use your FULL NAME when introducing yourself
- Dress in professional or business casual attire (NO jeans, sneakers, t-shirts, etc.)
- Address interviewees by their professional title (if unsure, look up beforehand)
- Firm handshake, eye contact, and smile upon meeting
- TURN OFF YOUR PHONE
- Arrive early (map out route ahead of time and know where to park so you aren’t delayed)
- Research beforehand (on field, career *and* interviewee) and come prepared with questions
- Thank the interviewee during the interview for taking the time to speak to you
- Write a follow-up thank-you note or email (with *professional* tone and correct grammar)
- Always have an “elevator speech” prepared or brief summary of who you are and what you are interested in professionally and/or academically. You never know when you might meet someone who can help you along the way!