



Health and Wellness

Sun Devils are Well Devils who take pride in their health and well-being and look for opportunities to make meaningful contributions to their communities. Through ASU's partnership with Mayo Clinic, one of the largest and most renowned institutions in health care, Sun Devils are provided opportunities to learn from progressive healthcare industry experts and participate in programs with global impact. Graduates from wide variety of degrees with a passion for health can succeed with the tools that are available to them at ASU. Well Devils create new technologies to assist veterans with PTSD and depression, search for innovative ways to tackle obesity, and advocate for strategic urban planning to encourage more active lifestyles.

Tips for success

Consider an advanced degree

Many health and wellness careers require an advanced degree or specialized licensing. It is important to know early if your area of interest requires additional education. Check out the pre-health advising website prehealth.asu.edu to get announcements and updates on trends and required licensing in the health industry.

Additional education

Many health careers require certifications like CPR, First Aid and Fingerprint Clearance. Make sure to check if you'll need additional certifications and obtain these as soon as you can.

Gain experience early

When it comes to health and wellness, experience is necessary in order to advance. Shadow or intern at your local hospital or nonprofit to see the inner workings of the organization. Not only will this help you identify what you want out of your career, it will allow you to gain industry knowledge.

Shadow a professional

Working in health and wellness often requires an apprenticeship or an experience working under someone with expert knowledge. The ASU Mentor Network can be a key tool in helping you identify a professional who is willing to offer a job shadow or mentorship experience.

Possible career fields

- Alternative Medicine
- Athletic Training
- Chiropractic
- Counseling/Mental Health
- Dentistry
- Dietetics
- Global Health
- Health Care Administration
- Health Coaching
- Health Policy
- Non Profit
- Nursing
- Nutrition
- Occupational Therapy
- Pharmacy
- Physical Therapy
- Physician
- Physician Assistant
- Public/Community Health
- Public Health Educator
- Speech Pathology/Audiology
- Sports Medicine

Professional associations

There are several local and national professional associations connected to this career field. Joining a professional association will help you network with professionals already in the industry, as well as expose you to new opportunities you may not have considered. Some are free to join and others may offer student rates to become a member.

- **Academy of Integrative Health & Medicine**
- **Academy of Nutrition and Dietetics**
- **American College of Sports Medicine**
- **American Dental Association**
- **American Occupational Therapy Association**
- **American Physical Therapy Association**
- **American Medical Association**
- **American Nurses Association**
- **American Public Health Association**
- **American Speech-Language-Hearing Association**
- **American Veterinary Medical Association**
- **International Consortium for Health & Wellness Coaching**
- **National Strength and Conditioning Association**

Next steps

Try searching for internships on [Handshake](#) or volunteer opportunities with [VolunteerMatch](#).

Student organizations at ASU

Student organizations are another great way to get connected with fellow students with similar interests. Many student clubs bring potential employers to speak at meetings, host career-related events, and offer professional development opportunities. Check [Sun Devil Sync](#) for more information on joining student organizations.

- **Active Minds**
- **Alpha Epsilon Delta**
- **American Medical Students Association**
- **American Medical Women's Association**
- **Barrett Student Nurses**
- **Global Health Student Association**
- **Health Education and Health Promotion Student Organization**
- **HOSA: Future Health Professionals**
- **Pre-Dental Club**
- **Pre-Optometry Club**
- **Pre-Physician Assistant Club**
- **Student Health Outreach for Wellness**
- **Well Devil Coalition**

