

Pre-Health 101: Introduction to Careers in the Health Professions

Day/Time: Wednesdays 1:30-2:20

Location: Smith 120

Instructor: Dan Poux, Pre-Professional Career Coach, UW Career & Internship Center, Mary Gates Hall 134, 206-543-9102, danpoux@uw.edu

Learning Outcomes – Students will be able to:

- *Effectively utilize advising and career coaching resources as they navigate the UW*
- *Prepare for profession of interest, including course & major planning and identifying opportunities for research, leadership & clinical exposure*
- *Articulate personal fit with health profession of interest through career exploration & reflection on interests, values & skills*

This is a one-credit seminar graded as Credit/No Credit. Students who score **80** or more points out of a possible 100 points will receive credit. Students' scores include points for **attendance** (3 points per class session x 11 sessions = 33 points total) and **five writing assignments** (9-20 points each for a total of 67 points).

Assignments turned in late will be subject to an appropriate penalty (10% if turned in one week late or less, 20% if turned in more than one week late). Students can submit assignments until

December 7, the last day of instruction for the quarter.

Course Schedule:

Date:	Topic:	Assignment Due this Day:
9/26	Introduction & Expectations	
10/3	Identifying your Dependable Strengths	Student Self-Assessment – Part 1
10/10	Exploring Healthcare Careers – Part 1	Dependable Strengths Reflection
10/17	Exploring Healthcare Careers – Part 2	
10/24	Gaining Clinical Exposure	Career Exploration Reflection
10/31	Enhancing Academic Performance	
11/7	Course & Major Planning	Enhancing Academic Performance Reflection
11/14	Demonstrating Leadership	
11/21	Connecting to Research Opportunities	
11/28	Striving for Balance	
12/5	Identifying Next Steps	Student Self-Assessment – Part 2

This course is part of First Year Programs, University Seminar program. For more information about University Seminars, or to contact the department, please email seminars@uw.edu.

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Assignment Descriptions:

- 1. Student Self-Assessment, Part 1:** Due 10/3 (9 points)
Complete a survey in Canvas reflecting on where you are in your health career exploration process at the beginning of the quarter.
- 2. Dependable Strengths Reflection:** Due 10/10 (9 points)
Complete a survey in Canvas reflecting on Dependable Strengths exercises to identify how these strengths shape your academic and career paths.
- 3. Career Exploration Reflection :** Due 10/24 (20 points)
Complete a survey in Canvas reflecting on health careers highlighted in Career Panels to identify careers that would be a good fit with your skills & interests.
- 4. Enhancing Academic Performance Reflection:** Due 11/7 (9 points)
Complete a survey in Canvas reflecting on study and test-taking skills to identify new strategies for academic success.
- 5. Student Self-Assessment, Part 2:** Due 12/5 (20 points)
Complete a survey in Canvas reflecting on seminar content to identify next steps for navigating preparation & application processes for healthcare profession of interest