

Health Professions Milestones

“An inquiring, analytical mind; an unquenchable thirst for new knowledge; and a heartfelt compassion for the ailing - these are prominent traits among the committed clinicians who have preserved the passion for medicine.” – Dr. Michael E. DeBakey

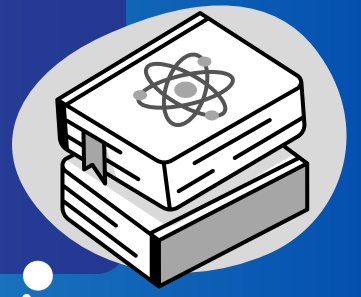
Exploration

People who pursue a career in medicine have a passion for making a difference in people's lives by alleviating pain and suffering. Healthcare professions can include but are not limited to a medical doctors, nurses, physical therapists or dentists. The information below will help you explore your options and how you can make the most out of your time at UC Riverside.



Year 1: Transition to New Territory

- Take an assessment through the UCR Career Center
- Meet with your major advisor to review your course plan
- Review your University Honors requirements for first-years
- Attend the Introduction to Health Professions Workshop
- Review and explore different careers in healthcare
- Meet with a UCR Career Specialist



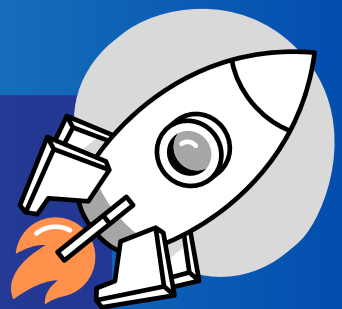
Year 2: Try New Experiences

- Review and apply for scholarships and awards
- Meet with a HPAC advisor or HPAC Ambassador
- Consider applying for a position at a research lab
- Attend resume writing and internship workshops
- Setup a profile on Handshake and LinkedIn
- Attend a career or professional school fair
- Consider volunteering in a hospital or clinic



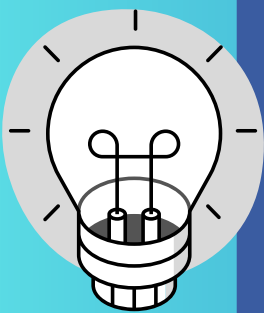
Year 3: Breaking the Comfort Zone

- Participate in a School of Medicine Pathway Program
- Stand out by leading a project or event within an organization
- Take an upper-division course that will challenge you
- Explore how you can connect your Honors capstone to your career
- Conduct an informational interview with a healthcare worker
- Prepare for and take applicable medical admissions test



Year 4: Your Time to Shine

- Meet with your advisor to make sure you are on track to graduate
- Complete Honors requirements including your capstone project
- Meet with Career Specialist to update resume and online profiles
- Complete a mock interview with a staff member or mentor
- Consider participation in a conference or symposium
- Attend career fairs offered by the UCR Career Center
- Meet with an HPAC advisor to discuss gap-year options if applies



Capstone Project Idea

Review access to healthcare and resources in underserved communities and it's impact on the rates of preventable diseases in that area. You can do so by exploring the number of free and affordable health care centers in two different regions and the statistical data on preventable illnesses in each region.

Healthcare Project Idea:
<https://escholarship.org/uc/item/9936c8d9>

