

**4 Years to Career Success-School of Health Sciences**

Choose your plan according to major:

[Click here for the following majors: Biomedical Health Sciences, Occupational and Environmental Health, and Radiological Health](#)

[Click here for the following major: Medical Laboratory Sciences](#)

**Plan for Biomedical Health Sciences, Occupational and Environmental Health, and Radiological Health Majors****First Year**

- Discuss [myCareer plan](#) activity and your interest in your major/ [minor\(s\)](#), and 4 year academic goals or aims with your academic advisor to start mapping out a plan.
- Research your major, explore [minors](#) and/or [certificates](#) you have a passion for to potential add to your academic plan
- Identify interests, abilities, values, and strengths using the [Center for Career Opportunities \(CCO\)](#).
- Join [one or two clubs](#) related to your major/interests/career goals
- Start getting to know faculty/instructors by engaging in the classroom and regular attendance at student office hours. In HSCI 10100, be attentive to guest speaker presentations then connect with those after class whose topics interest you.
- Focus on both learning and grades/being successful in core science classes/GPA for future plans, using the [Academic Success Center](#) for tips to studying smarter with resources like workshops, supplemental instruction, and peer coaching not to mention connecting with professors during office hours
- Find mentor(s) on campus
- Explore [study abroad opportunities](#) and discuss with academic advisor
- Find out your Top 5 myStrengths results by attending a [Strengths 101 workshop](#). Identify your top strengths and how you can use them in your college and career success planning.

For pre-professional students:

- Students should connect with their HSCI advisors regularly with post-graduation professional pursuits.
- Start building faculty connections early. When applying to professional programs, you will need 3-4 letters of recommendation in junior year with at least two being from science faculty like those in HSCI.
- Visit the [Spring Health Programs Expo](#) or [Career Fairs](#) to learn about potential future paths.
- Explore and research professional programs admission requirements, noting specific course requirements and competitive applicant criteria
- Look at [online resources](#) available through the Office of Pre-Professional Advising and visit their office at least once a year to talk with a professional about your progress

### Second Year

- Review your 4 year plan of study & adjust as needed to make sure you are on track with your goals & interests. Discuss with your advisor.
- Create your college resume using [CCO Handbook](#) and make or update your [LinkedIn profile](#). Then visit the CCO for personalized feedback to update your resume each semester.
- Attend [Spring Health Programs Expo](#) to learn about professional program admissions requirements and/or [Career Fairs](#) related to your major to find internships.
- Look for [undergraduate research](#), internship or job opportunities in [myCCO](#) to participate in that will support your growth.
- Seek opportunities to [volunteer](#) in the community.
- Get involved in committees, project or a leadership position in [organizations/clubs](#).
- Plan to complete course requirements in support of professional school application and aptitude exam success by end of junior year (for example, prerequisite courses, GPA requirement, Aptitude Test (GRE, MCAT, DAT, OAT, PA-CAT), application process, # of letters of recommendation, and personal statement).
- Explore [alternative career paths](#) to further development your skill set before applying to professional programs or to gain patient experience hours.
- Seek [summer internships, job shadowing](#), and/or start to gain hands on patient experience. [Health sciences has a resource for internships and research](#).
- Learn how to practice using your strengths in a team setting by attending a [Strengths 201 workshop](#).
- Seek out [summer health professional opportunities](#) to gain experience and transferable skills and check out the [HSCI internship page](#).
- During summer, explore requirements to apply to your top professional schools/graduate schools.

### Third Year

- Continue developing leadership skills & search out leadership opportunities.
- As interested, continue with extracurricular/professional experiences like [undergraduate research](#) & develop relationships with faculty/instructors if interested in research or graduate school.
- Review your career plan, as needed consider a [parallel plan](#) or decide to take time to focus on academic success, professional development of competencies and experience to strengthen your future application.
- Elevate your communication skills and experience through leadership roles like presenting either oral and/or poster symposium (on campus or at conference).
- Seek out the opportunity to [job shadow](#), gain hands on experience, and/or participate in an internship.
- Students with post grad professional interests may want to visit Pre-Professional Advising Office & take BIOL 39600 (fall junior year).

**Third Year - continue**

- Update resume, have [the CCO review](#) for personalized feedback and upload into [myCCO](#).
- Participate in mock interviews on campus and utilize Big Interview. Be proactive in practicing your interview skills for professional programs, graduate school and future internships and jobs.
- Attend [career fairs](#) related to your major to find internships and visit the [HSCI internship page](#).
- Spring/summer semester, study for Aptitude Test (GRE, MCAT, DAT, OAT, PA-CAT) and sign up for your testing date.
- Spring semester or summer, ask for letters of recommendation for application allowing for 4-8 weeks to complete.
- Continue exploring what your strengths mean by attending a [Strengths 301 workshop](#) and learn how to discuss how these support your career plans.
- If going to graduate school/professional program:
  - Attend [Spring Health Programs Expo](#) to learn about professional program admissions requirements and/or Big Ten Plus Graduate School Expo
  - Plan to spend equivalent of semester “coursework” preparing applications in spring. Consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- During the summer,
  - Research the deadlines to apply to graduate schools/professional schools (8-10 schools).
  - Start writing your personal statement and seek feedback on grammar and content.
- Continue developing leadership skills & search out leadership opportunities.
- As interested, continue with extracurricular/professional experiences like [undergraduate research](#) & develop relationships with faculty/instructors if interested in research or graduate school.
- Review your career plan, as needed consider a [parallel plan](#) or decide to take time to focus on academic success, professional development of competencies and experience to strengthen your future application.
- Elevate your communication skills and experience through leadership roles like presenting either oral and/or poster symposium (on campus or at conference).
- Seek out the opportunity to [job shadow](#), gain hands on experience, and/or participate in an internship.
- Students with post grad professional interests may want to visit Pre-Professional Advising Office & take BIOL 39600 (fall junior year).
- Update resume, have [the CCO review](#) for personalized feedback and upload into [myCCO](#).

### Third Year – continue

- Participate in mock interviews on campus and utilize Big Interview. Be proactive in practicing your interview skills for professional programs, graduate school and future internships and jobs.
- Attend [career fairs](#) related to your major to find internships and visit the [HSCI internship page](#).
- Spring/summer semester, study for Aptitude Test (GRE, MCAT, DAT, OAT, PA-CAT) and sign up for your testing date.
- Spring semester or summer, ask for letters of recommendation for application allowing for 4-8 weeks to complete.
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- If going to graduate school/professional program:
  - Attend [Spring Health Programs Expo](#) to learn about professional program admissions requirements and/or Big Ten Plus Graduate School Expo
  - Plan to spend equivalent of semester “coursework” preparing applications in spring. Consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- During the summer,
  - Research the deadlines to apply to graduate schools/professional schools (8-10 schools).
  - Start writing your personal statement and seek feedback on grammar and content.

### Fourth Year

- Think about future plans and map out last year of courses with academic advisor.
- Review your career plan, as needed consider a parallel plan or decide to take time to focus on academic success, professional development of competencies and experience to strengthen your future application.
- [Practice reflecting](#) on what you have learned in job shadows/observations and past experiences to support your career plan.
- Attend [Spring Health Programs Expo](#) if needed, or [Career Fairs](#) to build professional relationships with admissions representatives and recruiters.
- Update your LinkedIn profile and continue to build connections with professionals, classmates, and professors
- Stop by a [Strengths Break](#) to chat about your Top 5 Strengths and discussing them in the next career step. Reflect on ways to incorporate examples into your personal statement, cover letter and interview answers.

**Fourth Year- continue**

- If going to graduate school/professional program:
  - Plan to spend equivalent of semester “coursework” preparing applications in fall. Consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
  - Reach out to faculty, clinical instructors, mentors, and professionals to ask for letters of recommendation at start of fall semester. Consider who has witnessed you demonstrate your preparedness for the academic rigor and aptitude required to successfully complete a program.
  - Update your resume into a CV with the [Center for Career Opportunities, or CCO](#), the [Online Writing Lab \(OWL\)](#), and then seek feedback from your faculty mentor.
  - Utilize your Strengths to write your personal statement of intent/personal statement if applying to graduate school/program programs. Allow time to seek feedback from multiple sources: faculty member and mentor, [Office of Pre-Professional Advising](#), and [Online Writing Lab \(OWL\)](#), as each will provide different insights.
- If seeking a job/employment:
  - Update resume and have [the CCO review](#) for personalized feedback. Upload resume into [myCCO](#) and set up job search alerts based on your career interest, major, and location preference.
  - Identify industry fields, companies, and career titles in your target area of interest. Use your LinkedIn and Purdue alumni network to build your relationships through informational interviews.
  - Utilize your Strengths to write your cover letter and think about examples to demonstrate your skills in interview examples.
  - Attend [on campus](#) and virtual career fairs to meet with employers needing candidates with your acquired skill set.
- Practice enhancing your communication skills talking about your experiences and strengths using [Big Interview](#), a virtual interviewing platform. There are resources for specific careers and graduate school interviews. Then schedule a live [Peer Mock Interview](#).
- Complete [CCO First Destination Exit Survey](#), tell us your post-graduation plans

**Plan for Medical Laboratory Science Majors**

*Medical Laboratory Science majors are only on campus for 3 years. The final academic year is completed at the clinical placement site.*

**First Year**

- Discuss myCareer plan activity and your interest in your major/ [minor\(s\)](#), and academic goals with your academic advisor to start mapping out a plan.
- Research your major, explore [minors](#) and/or [certificates](#) to potential add to your academic plan.
- Identify interests, abilities, values, and strengths using the [Center for Career Opportunities, or CCO](#).
- Join [one or two clubs](#) related to your major/interests/career goals
- Start getting to know faculty/instructors by engaging in the classroom and regular attendance at student office hours.
- In HSCI 10100, be attentive to guest speaker presentations, then connect with those speakers after class whose topics and careers interest you.
- Focus on both learning information and having high grades in core science classes/GPA for future plans. Use the [Academic Success Center](#) for tips to studying smarter with resources like workshops, supplemental instruction, and peer coaching. Also connecting with professors during student office hours.
- Find mentor(s) on campus, either upperclass students or professionals in the field.
- Explore [study abroad opportunities](#) and discuss early with academic advisor
- Find out your Top 5 myStrengths results by attending a [Strengths 101 workshop](#). Identify your top strengths and how you can use them in your college and career success planning.

**Second Year**

- Review your plan of study & adjust as needed to make sure you are on track with your goals & interests. Discuss with your advisor and note if interested in study abroad.
- Create your college resume using [CCO Handbook](#) & [LinkedIn profile](#). Visit the CCO for personalized feedback to update your resume each semester.
- Look for [undergraduate research](#), internship or job opportunities in [myCCO](#) to participate in that will allow you to practice communication, team work and problem solving skills.
- Get involved in a committee, project, or a leadership position in [organizations/clubs](#)
- Seek out work experience in the field or a related area. Could be an [internship](#), a job shadowing, research, or part time work. Use the [health sciences website](#), or connect with your program director to discuss.
- Learn how to practice using your strengths in a team setting by attending a [Strengths 201 workshop](#).

### Third Year

- Continue developing leadership skills by being active in a student organization & search out professional development opportunities
- As interested, continue with extracurricular/professional experiences like [undergraduate research](#) & develop relationships with faculty/instructors. You will need letters of recommendations to apply to clinical programs.
- Elevate your communication skills and experience through leadership roles like presenting either oral and/or poster symposium (on campus or at conference)
- [Job shadow](#), to gain hands on experience, and/or participate in an internship using myCCO and the [HSCI internship website](#)
- Continue exploring what your strengths mean by attending a [Strengths 301 workshop](#) and learn how to align with your career plans.
- Again update your resume in fall semester, have [the CCO review](#) for personalized feedback.
- Write personal statement and seek feedback on grammar and content. Use resources like [CCO](#), [Purdue Writing Lab](#), and program director.
- Participate in mock interviews on campus and utilize [Big Interview](#), an interviewing platform to practice interviewing skills
- Fall semester ask for letters of recommendation for clinical applications with a 4-8 weeks lead time to the writer.

### Fourth Year at Clinical

- Update your LinkedIn profile and connect with professionals and professors you meet in your clinical experience
- Complete [CCO First Destination Exit Survey](#), tell us your post-graduation plans
- When seeking employment:
  - Update your resume including your clinical experience and new skills
  - Upload resume into [myCCO](#) and set up job search alerts based on your career interest (hospital, industry), major, and location preference.
  - Identify companies, and career titles in your target area of interest.
  - Use your LinkedIn and Purdue alumni network to connect with people through informational interviews.
  - Utilize your Strengths to write your cover letter and think about examples to demonstrate your skills in interview examples.
  - Attend virtual career fairs to meet with employers needing candidates with your newly acquired skill set.

**Fourth Year at Clinical- continue**

- Practice enhancing your communication skills talking about your clinical experiences and strengths using [Big Interview](#), a virtual interviewing platform. There are resources for specific careers and graduate school interviews. Then schedule a virtual [Peer Mock Interview](#).
- Prepare for your licensure exam upon graduation

If you plan to go to graduate school or apply for a professional program, please discuss that with your academic advisor while on campus.