

4 Years to Career Success Public Health

First Year

- Explore your career goals, interests, values, and skills. Write them down and discuss with your advisor, a faculty member, mentor, or a CCO career coach in the [Center for Career Opportunities, or CCO](#), to formulate your career plan.
- Find out your Top 5 myStrengths results by attending a [Strengths 101 workshop](#). Learn how you can use your strengths to be intentional with leadership and professional development in your college and career success planning.
- Explore your Public Health career options with PUBH 10000.
- Develop a [four year academic plan](#), including [study abroad](#) if interested, culminating with a 400-hour capstone internship experience in your final semester.
- Identify your learning style and adjust accordingly as you transition to college courses. What are your study habits? What strategies help you learn best? Visit the [Academic Success Center](#) for tips to studying smarter with resources like workshops, supplemental instruction, and peer coaching.
- Focus on doing well in courses, especially science and math courses, to maintain a strong college GPA. Seek out available resources like [the help centers and tutors](#).
- Get to know your professors (they can be mentors, advisors, future letter-writers) by actively participating in class and using office hours to ask questions to learn more or better understand challenging concepts.
- Learn more about preparing for a career in Public Health by visiting Purdue's Department of Public Health [Careers in Public Health](#) page as well as the [Center for Pre-Professional Advising](#).
- Participate in public health career exploration and professional development through meetings facilitated the Public Health Student Association (PHSA).
- Visit [This Is Public Health](#) to sign up for a free newsletter and learn more about promoting public health awareness.
- Consider getting involved in the field of Public Health by joining the [American Public Health Association](#). With a [student membership](#), you will have access to community, professional development and science and industry resources. Watch for opportunities to attend conferences with faculty and other students.
- Get involved [in campus organizations and clubs](#) (Public Health Student Association, Purdue One Health Club, WorldHealth Purdue, etc.)
- Create [your LinkedIn profile](#) to build a professional social media presence. Connect with professors, advisor, mentor, fellow students, groups, and professionals in the field to build relationships.
- Be mindful of your entire social media presence as a young college professional seeking to enter the field. Use [Diligence Lab](#) to assess your current social media presence.
- Visit [the Center for Career Opportunities \(CCO\)](#) to create an updated college resume and use [VMock](#) to analyze your resume for additional edits. Once updated, visit the CCO for personalized feedback.
- Learn about Purdue's [Combined \(4+1\) MPH](#) program and MS program for Public Health.

First Year – continue

- For pre-professional students, research schools, attend the [Spring Health Programs Expo](#), to learn admission requirements (min. GPA, pre-requisite courses, volunteer hours, etc.)
- Over summer, seek out opportunities to conduct [job shadows](#) or [informational interviews](#) with a professional in your chosen field, or to volunteer. Keep detailed records of your experiences and hours.

Second Year

- Review your career goals and re-evaluate your interests, values, and skills based on courses taken and summer experiences. Again, write them down and discuss with your advisor, a faculty member, mentor, or [a CCO career coach](#) to update your career plan. Identify career goals for year two and inform your academic advisor.
- Learn how to practice using your strengths in a team setting by attending a [Strengths 201 workshop](#).
- Continue taking a variety of courses – explore all aspects of the field. Find areas that really speak to your strengths and interests. Take advantage of related coursework in other departments as well as PUBH. Consider adding [minors](#) or [certificates](#) to your academic plan.
- Check out [study abroad](#) opportunities and discuss with your academic advisor to determine how they could fit into your 4-year academic plan.
- Consider your interest in research, which solves problems in the field. [Start looking into HHS faculty areas of research](#). Also, learn more about the work of your [PUBH professors](#); contact those whose work interests you to observe in their lab or clinic.
- Update your LinkedIn profile and continue to build your connections.
- Attend an information session on Purdue's [Combined \(4+1\) MPH](#) program or MS in Public Health.
- For pre-professional students,
 - 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
 - Continue to research schools and admission requirements as they could change
 - Attend the [Spring Health Programs Expo](#) to speak with schools
- Continue to job shadow in settings that interest you.
- Get involved in your [student organizations](#) or student branches of professional organizations by being a part of projects/events and/or take on a leadership position.
- Continue to develop professional relationships with faculty and advisors in the department of Public Health. Engage in your courses, attend office hours, and ask questions.
- Review and update your resume using the [Center for Career Opportunities, or CCO](#) adding new experiences.

Second Year- continue

- Over summer, seek out opportunities to conduct [job shadows](#) or [informational interviews](#) with a professional in your chosen field, or to volunteer. Keep detailed records of your experiences and hours.

Third Year

- Review your career goals. Re-evaluate your interests, values and skills based on past experiences. Discuss with your advisor, a faculty member, mentor, or [a CCO career coach](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Explore what your strengths means by attending a [Strengths 301 workshop](#) and learn how to use in your career plans.
- If interested, get involved in [research](#) with a public health faculty member.
- Get involved in your [student organizations](#) or student branches of professional organizations by being a part of projects/events and taking on a leadership position.
- With junior or senior standing, take [PUBH 29500 Internship and Career Preparation](#), devoted to preparation for the 9-credit 400-hour internship as a culminating experience.
 - Explore self-assessment of strengths, cover letter and resume development, professional social networking, mock and professional interviewing, and public health internship/career opportunities in PUBH 29500: “Career Exploration and Preparation for the Public Health Internship”
- Update [your LinkedIn profile](#) to build a professional social media presence for the rest of your career and have the CCO review during a drop-in appointment.
- Practice enhancing your skills to talk about your experiences and strengths using [Big Interview](#), a virtual interviewing platform, for job or graduate school interviews. Then schedule a [Peer Mock Interview](#).
- In Spring, attend [Purdue's Health Professions Expo](#) to speak with graduate schools/professional programs and learn admissions requirements.
- For pre-professional students:
 - Have most of your pre-requisite courses completed by the conclusion of your junior year. Many schools have a limit on the number of pre-requisite courses not completed at the time of application.
 - Become familiar with the centralized application process for the schools you are interested in applying to.
 - Start application summer after your junior year. Application is made available the beginning of July.
 - Request letters of recommendation by mid-summer after your junior year.
- If planning on graduate school/professional program:
 - Begin GRE or appropriate aptitude test preparation based on plans to attend graduate school or other professional programs.

Third Year – continue

- In Spring or next Fall, consider [taking BIOL 39600 Pre-Health Planning Seminar](#), a 10 week course devoted to preparing for graduate school/professional program admissions.
- Identify schools to apply, check application and admission requirements.
 - Consider Purdue's [Combined \(4+1\) MPH](#) program. Applicants apply in the spring term of their Junior year to begin class in the fall term of their senior year. Meet with admissions counselor to put together application.
 - Consider also Purdue's research-based MS or PhD programs in Public Health.
- Identify the faculty members and working professionals in the field that can write strong professional recommendation letters citing your skills and qualifications for graduate school /professional program. Be sure to ask first before listing anyone as references.
- If appropriate, update your resume into a CV focused on going to graduate school/professional program when working with the [Center for Career Opportunities, or CCO](#), the [Online Writing Lab \(OWL\)](#), and then seek feedback from your faculty mentor.
- Engage with alumni and attend events on campus related to internships and jobs.
- Continue to seek out [shadowing](#) and internship opportunities related to your desired profession. Keep detailed records of your experiences and hours.

Fourth Year

- Review your career goals. Re-evaluate your interests, values and skills based as you go into your final year based on courses and experiences. Discuss with your advisor, a faculty member, clinical instructor, mentor, or [a CCO career coach](#) to update your career plan. Review GPA and competitive requirements for career goals.
- Stop by a [Strengths Break](#) to chat about your Top 5 Strengths and discussing them in the next career step.
- 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 public health faculty, clinical instructors, and mentors 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.
- Utilize your Strengths to write your personal statement of intent/personal statement if applying to graduate school/program programs or cover letter and interview questions if apply for jobs. 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.

Fourth Year – continue

- If going to graduate school/professional 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.
- If seeking a job:
 - Update [your myCCO account](#) by uploading an updated resume and setting up job search alerts.
 - Set up [a job search strategies appointment with a CCO career coach](#).
 - 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.
 - Attend [on campus](#) and virtual career fairs to meet with employers needing candidates with your acquired skill set.
- Practice enhancing your skills to talk about your experiences and strengths using [Big Interview](#), a virtual interviewing platform, for job or graduate school interviews. Then schedule a [Peer Mock Interview](#).
- Prepare to complete your [9-credit 400-hour internship culminating experience](#):
 - Review the procedures in the [Practicum-Internship Manual](#) (pdf) before beginning any internship program.
 - Receive approval from practicum director of job description with tasks, timeline and agency contact information.
 - Apply for and pay fees to obtain Purdue University internship liability insurance.
 - Complete the Student Application Form, located in the [Practicum-Internship Manual](#), and submit it with a receipt of liability insurance to the practicum director.
 - Register for PUBH 48000 (Public Health Internship) with academic advisor.
- Complete your culminating experience – Public Health Internship (PUBH 48000), 400 hours in a professional setting.
- Update [your LinkedIn profile to build a professional social media presence](#). Connect with professors, advisor, mentor, fellow students, groups, and professionals in the field to build relationships.
- Be prepared to travel to schools or companies for interviews.
- Prepare to become a Boilermaker Alum and go make your mark on the world!