

HEALTH SCIENCES

FIRST YEAR

- ❖ Begin your leadership development – join organizations (on and off campus) and attend meetings
 - **Health Sciences Student Organization (HSSO)**
 - **Emerging Leaders Model (ELM)** through Student Life
- ❖ Get involved with the Drake/Des Moines community, explore organizations to volunteer with; Observation hours and/or volunteering are often a requirement for graduate & professional programs
 - Volunteer and service and/or observation hours: minimum of 10 hours a semester
 - *Review a graduate or professional program of interest for the recommended number of hours
- ❖ Create a resume that you can update each semester; Go to www.drake.edu/career for tips
 - Schedule an appointment with **Professional & Career Development Services** coordinator Kelli Pitts, 515-271-1978 or kelli.pitts@drake.edu
- ❖ Start thinking about internships and places you would like to gain experience
- ❖ Attend career events (February) to network and learn about job opportunities
 - **University Career Fair** - become familiar with the event style and networking process
 - **Graduate and Professional School Day** - learn about application processes

SOPHOMORE YEAR

- ❖ Continue your leadership development – join organizations and run for a position
 - **Student Leadership Development Series** through the college
 - **Donald V. Adams Academy** through Student Life
- ❖ Get involved with the Drake/Des Moines community, explore organizations to volunteer with; Observation hours and/or volunteering are often a requirement for graduate & professional programs
 - Volunteer and service and/or observation hours: minimum of 10 hours a semester
 - *Review a graduate or professional program of interest for the recommended number of hours
- ❖ Research companies for a summer internship or work experience and apply
- ❖ Have your resume critiqued and conduct a mock interview for preparation for internship/work interviews
 - Schedule an appointment with **Professional & Career Development Services** coordinator Kelli Pitts, 515-271-1978 or kelli.pitts@drake.edu
- ❖ Review graduate and professional programs and their requirements and deadlines
- ❖ Medical School interest? Consider Des Moines University 3+4 Early Enrollment Program (application deadline March 1)
- ❖ Attend career events (February) to network and learn about job opportunities
 - **University Career Fair** - become familiar with the event style and networking process
 - **Graduate & Professional School Day** - learn about application processes

[For more information go to www.drake.edu/career](http://www.drake.edu/career)

HEALTH SCIENCES

JUNIOR YEAR

- ❖ Continue your leadership development – Take on an officer or other major position within an organization
- ❖ Stay involved with the Drake/Des Moines community; Observation hours and/or volunteering are often a requirement for graduate & professional programs
 - *Review a graduate or professional program of interest for the recommended number of hours and adjust involvement accordingly so that you have ample hours prior to graduation
- ❖ Continue resume/CV development and conduct a mock interview for preparation for jobs/graduate and professional school interviews
 - Schedule an appointment with **Professional & Career Development Services** coordinator Kelli Pitts, 515-271-1978 or kelli.pitts@drake.edu
- ❖ Prepare **for graduate and professional school applications**: review deadlines, requirements and recommendations for courses, volunteer/observation hours, and any additional materials needed. Plan for early application submission. Note: Des Moines University early acceptance deadline March 1.
- ❖ Speak with **potential references** (i.e. faculty, advisor and supervisor) and develop your relationship so they will be a positive reference in the future
- ❖ Search for an **internship** or work experience for your final summer before graduation
- ❖ Check your **degree audit** to stay on track for graduation; meet with Director of Student Programs, Jenny Tran, for questions, 515-271-3018
- ❖ Attend career events and learn about job opportunities and meet employers
 - **University Career Fair** (Feb) - talk with employers about internship opportunities
Connect with employers prior to the fair and send them your resume and cover letter to show interest
 - **Graduate & Professional School Day** (Feb) - learn about application processes
 - **Graduate Seminar & Recognition** (May) - professional tips during capstone experiences

SENIOR YEAR

- ❖ Polish your resume/CV and discuss post graduate interests
 - Schedule an appointment with **Professional & Career Development Services** coordinator Kelli Pitts, 515-271-1978 or kelli.pitts@drake.edu
- ❖ Continue volunteering or observation hours, talk with your volunteer contact/supervisor to be a reference
- ❖ Finish materials for **graduate and professional school applications**: personal statement, resume/CV, letters of recommendation; provide references with necessary information and know the deadlines!
- ❖ Attend career events (February) and learn about job opportunities and meet employers
 - **University Career Fair** - talk with employers about current job openings
Connect with employers prior to the fair and send them your resume and cover letter to show interest
 - **Graduate & Professional School Day** - hear from current graduate students about their experiences

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