

Are You Planning a Career in the Health Field?

Vital Information for High School Students

Gaining admission to professional health field programs is highly competitive. There are simply more students applying than there are spots available. The grades you receive in your pre-requisite college courses should be excellent – not just okay. You must be a competitive applicant. It is imperative to first take courses in high school that will help build foundational knowledge and skills such as math, biology, chemistry, physics, human anatomy, and human physiology **before** taking college courses in the same area of study.

Equally important is being involved in extracurricular activities. It is important to think of your high school years as a stepping stone to the opportunities and experiences you will need to build while attending college. And what you do in high school to develop skills such as leadership will greatly impact what kind of opportunities you will be able to receive while in college.

When applying to a pre-professional school like medical school or dental school, students will need to log hours in what is called Prehealth Activities. Here are suggested activities to start while in high school to build skills and experiences:

- **Leadership:** Seek out ways to gain leadership positions or opportunities. This can be achieved through student council and school club organizations, as well as community, employment, and church leadership.
- **Volunteer Work:** This is a way to show your dedication to serving the community. Volunteer service can be done with any group or organization and does not have to be medically related.
- **Job Shadowing/Internships:** Students should gain exposure to their career choice and have a clear understanding of what life is like in that occupation. Start building skills and experience.

Although hours logged in high school will NOT count towards college pre-health activity hours, they are a chance for you to set yourself apart from other applicants when applying for college admissions, scholarships, employment, and college and community leadership positions. Think of these as networking opportunities to help you with referrals to other positions and experiences, letters of recommendation, internships, employment, etc.

IMPORTANT: In order to apply to a professional school like Medical or Pharmacy School, students have to complete a certain amount of hours working/shadowing physicians, direct contact hours with patients, etc. Completing industry certifications while in high school in an area such as medical assisting or pharmacy tech will help students earn pre-health hours faster after high school, while at the same time working in the industry and going to college.

MTEC offers free tuition to high school students and has a lot of programs to choose from. For more information, please visit: <https://mtec.edu/programs/#healthcare>

MTEC (Mountainland Technology College) – Choose one or more programs

- Medical Assisting (MA)
- Nurse Assisting (CNA)
- Emergency Medical Tech (EMT)
- Dental Assisting
- Pharmacy Tech
- Phlebotomy Technician

Prepare now while in high school!