Save Lives for a Living

Your guide to careers in HEALTH SCIENCE

Great Career Ideas • Creating Your Plan • College Resources
Talking to your child about what careers interest him or her—and why

Sharing your work experiences—pro and con—with your child

Asking people in your community who work in jobs that interest your child to talk about their careers or to let your child visit their workplace.

This guide is part of a series created to help students in Alabama learn more about careers, salaries, and the steps they need to take to reach their goals. By connecting what they learn in the classroom to real jobs that interest them, Alabama students will graduate better prepared for life and work. You can help your child use this guide by:

- Talking to your child about what careers interest him or her—and why
- Sharing your work experiences—pro and con—with your child
- Asking people in your community who work in jobs that interest your child to talk about their careers or to let your child visit their workplace.

This Alabama SUCCESS guide is a great resource to assist in preparing for a bright and successful future.

Alabama SUCCESS is an initiative designed to help students access valuable information about current careers, postsecondary learning, and financial literacy resources.

Our goal is to give students the opportunities they need to prepare themselves for success. We want our students to be well-equipped for top careers in Alabama’s workforce—which has a growing influence on the global marketplace.

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Alabama SUCCESS is an invaluable resource designed specifically for students. By learning about actual career fields and the education and experience required for specific jobs, you will be better able to figure out what you want to do after high school and what you need to do to achieve your goals.
Students entering careers in Health Science need a strong foundation in math and science, beginning in middle school. Higher-level classes in these areas are critical for an understanding of the key concepts in Health Science. Computer, communication, and business courses also are valuable. Students need to pursue as many hands-on science opportunities as possible, including laboratory activities in school, science fairs, and volunteer or paid internship work experience in a Health Science field.

Although a high school education provides fundamental knowledge, most careers in Health Science require education and training beyond this level. Training programs in Health Science careers are available across Alabama, at both two- and four-year colleges and universities, leading to either certificates and degrees.
Health Science

There’s a huge demand in Alabama and across the United States for health professionals and health care–related services. The career possibilities include creating new medicines, discovering cures for diseases, healing and comforting the sick, and using high-tech tools to diagnose and treat illnesses and injuries.

Does the Health Science career cluster fit you, your talents, and your dreams? Take this quick quiz to find out.

1. Do you enjoy helping others?
   **WHY IT MATTERS:** There are plenty of interesting jobs available for caring, patient, and helpful people in nursing, athletic training, rehabilitation, and other health-related fields.

2. Is science one of your favorite subjects?
   **WHY IT MATTERS:** To succeed in any health-related career, you need to understand and enjoy science.

3. Do you like working on projects as part of a team?
   **WHY IT MATTERS:** Jobs such as finding solutions to complex health problems, caring for patients, and managing health-care facilities all require teamwork.

4. Do you enjoy doing hands-on experiments in a lab?
   **WHY IT MATTERS:** Training for all health-related careers includes lots of lab work, so you need to be able to follow directions carefully and take accurate measurements.

5. Are you interested in how the human body works?
   **WHY IT MATTERS:** Everything in Health Science is related to the human body in some way.

If you answered “yes” to most of these questions, Health Science could be right for you.

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**NAME:** Kelly East

**EDUCATION:** Westminster Christian Academy, Huntsville; Auburn University, Auburn—Microbiology, Bachelor of Microbiology Degree; University of North Carolina, Greensboro, North Carolina—Genetic Counseling, Master of Genetic Counseling Degree

“I had a wonderful high school biology teacher who sparked my interest in science, particularly in genetics. High school also gave me the experience that I needed to prepare for college-level studying and time management.

At Auburn, I learned about genetic counseling and realized that it was the perfect fit for me. Genetic counseling will allow me to blend my interests in genetics, health, and education as I work with patients and the public to help them understand how genetics impacts their lives.

I hope to use my degree and skills as a genetic counselor to work either in a traditional clinic setting or in research or education. I am an Alabama native, so it is very important to me to come back and live and work in my hometown near family and friends.”

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**LEARN MORE**

Sit down with your parents and counselor and create a plan.

Map out an Alabama Education Plan (sample at right) based on your interests, strengths, and possible career goals.

Your plan outlines the courses and electives you’ll take in high school, plus related clubs and career preparation. Your counselor will work with you to determine the learning experiences needed for you to complete your plan, such as using distance learning or earning college credit from your local community college.

Here’s a sample Alabama Education Plan for you to use as a guide.

ARTICULATION AGREEMENT

is a fancy term for a simple education agreement that can streamline your road to a successful career.

Statewide articulation agreements link all high schools and two-year colleges in Alabama. They provide credit at two-year colleges for coursework mastered at the high school level.

Get Career Credentials

If you’re a student in a career and technical education (CTE) program, you may have the option of earning a Career Readiness Certificate along with your high school diploma. The nationally recognized certificate shows you’re proficient in applied math, reading for information, and locating information—skills employers highly value. Ask your school counselor about the statewide program; if it’s not in your high school now, it will be implemented soon.
### Respiratory Therapist
**WHAT:** Under the direction of a doctor, respiratory therapists treat patients with breathing and cardiopulmonary disorders, including both long-term and emergency care. In addition to treatment, they also test and evaluate patients to chart each patient's progress.

**WHO:** Respiratory therapists treat a variety of patients, from infants to the elderly. Therefore, anyone interested in this job must be comfortable working with any age group.

### Health-care Interpreter
**WHAT:** Help patients with limited English language and reading skills understand spoken and written health information, and talk to their physicians, nurses, lab technicians, and other health-care providers.

**WHO:** Health-care interpreters are fluent in both English and a second language. They also may provide cultural information to health-care providers.

### Diagnostic Medical Sonographer
**WHAT:** Produce ultrasonic recordings of internal organs for use by physicians. Decide which images to offer physicians, looking for differences between healthy and problem areas.

**WHO:** Diagnostic medical sonographers have strong investigative, decision-making, and communication skills. They work directly with patients and physicians, and operate and maintain high-tech equipment.

### Check Out These Three COOL CAREERS

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The 12 careers highlighted on the next page are a sampling of occupations in the Health Science cluster in Alabama. The charts include occupation name, description, plus wages for workers just starting out in the profession, average wages for those in the occupation, and the wages earned by experienced workers in the job.

For further information on occupations in all career clusters, go to the O*NET database at [www.onetcenter.org](http://www.onetcenter.org).

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### Need-to-know facts and figures about real Alabama jobs, salaries, and education options available in the Health Science cluster.

### How to Read Job Charts
- **SOC Number:** Standard Occupational Code; use the SOC to look up more information about the career in online databases such as O*NET (see below).
- **Minimum Level of Education Required:** The bars are also color-coded to indicate the minimum level of education required for each profession.
**MYTH:** Only women are nurses.

**FACT:** Nursing offers rewarding job opportunities for both men and women. The American Hospital Association estimates that 75 percent of all medical vacancies are for nurses. This high demand helps nurses enjoy top pay, flexible scheduling, and extra benefits. Registered nurses interested in a military career can qualify for an appointment as an officer in the Nurse Corps, and Army soldiers who want to become nurses may be eligible to attend college full-time to earn a Bachelor of Science degree in Nursing (BSN).

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**Reality Check**

**What It Costs to Live on Your Own in Alabama**


- **Groceries:** $200–$250
- **Cell phone:** $70
- **Cable and Internet:** $90
- **Rent and utilities:** $700–$800 (1-bedroom)
- **Gasoline:** $124 (1,000 miles @ $3.10 per gallon, 25 MPG)
- **Car insurance:** $30–$95 (6-month policy)
- **Car payment:** $350–$450 (Used 2010/2011 4-door)

**Monthly total:** $1,310–$1,654
**Yearly total:** $15,742–$19,851

Note: Keep in mind that your paycheck will be reduced by about 30 percent to cover taxes, retirement, and insurance. What’s left is known as your “take-home pay.” Subtract 30 percent from the salaries shown on page 5 to get a more accurate take-home amount.
In Alabama, the learning doesn’t stop with high school graduation. Here is a list of public postsecondary (after high school) institutions that may offer programs related to this cluster.

**Check it OUT**

Most Alabama schools offer this student organization related to the **Health Science** career cluster:

**Health Occupation Students of America (HOSA) • www.hosa.org**

HOSA’s mission is to enhance the delivery of compassionate, quality health care by providing opportunities for knowledge, skill, and leadership development among all Health Science technology students.

**Take It to the Next Level**

**Two-Year Institutions Offering Certificates or Associate’s Degrees**

- Alabama Southern Community College, Monroeville
- Bevill State Community College, Sumiton
- Bishop State Community College, Mobile
- Calhoun Community College, Decatur
- Central Alabama Community College, Alexander City
- Chattahoochee Valley Community College, Phenix City
- Enterprise-Szark Community College, Enterprise
- Faulkner State Community College, Bay Minette
- Gadsden State Community College, Gadsden
- H.C. Councill Trenholm State Technical College, Montgomery
- Jefferson Davis Community College, Brawley
- Jefferson State Community College, Birmingham
- J.F. Drake State Community College, Huntsville
- J.F. Ingram State Technical College, Dadeville
- Lawson State Community College, Birmingham
- Lurleen B. Wallace Community College, Andalusia
- Marion Military Institute, Marion
- Northeast Alabama Community College, Rainsville
- Northwest-Shoals Community College, Muscle Shoals
- Reid State Technical College, Evergreen
- Shelby State Community College, Tuscumbia
- Snellville State Community College, Snellville
- Southern Union State Community College, Wadley
- Wallace Community College (Selma), Selma
- Wallace State Community College (Dothan), Dothan
- Wallace State Community College (Hanceville), Hanceville
- Alabama A&M University, Normal
- Alabama State University, Montgomery
- Athens State University, Athens
- Auburn University, Auburn
- Auburn University at Montgomery, Montgomery
- Jacksonville State University, Jacksonville
- Troy University, Troy
- Troy University Dothan, Dothan
- Troy University Montgomery, Montgomery
- University of Alabama at Birmingham, Birmingham
- University of Alabama in Huntsville, Huntsville
- The University of Alabama, Tuscaloosa
- University of Montevallo, Montevallo
- University of North Alabama, Florence
- University of South Alabama, Mobile
- University of West Alabama, Livingston

**Four-Year Institutions Offering Bachelor’s, Master’s, Doctoral, or First Professional Degrees**

**Certifications**

While attending high school and postsecondary institutions, all Alabama students should consider getting certifications related to their career cluster of interest. These certifications can improve a student’s skill set, as well as increase the student’s overall chance of gaining employment in the field.
HIGH SCHOOL PROGRAM

GETTING READY

GRADE 9 FRESHMAN YEAR

- Research your career options based on your interests, talents, and goals.
- Choose a career cluster.
- Create an Alabama Education Plan (see page 3).
- Do your best work in all your classes. Course selection and grades really do count when you are applying to colleges and training programs.
- Keep a folder or portfolio of your activities, awards, accomplishments, and work experience, and add to it during your high school career.

GRADE 10 SOPHOMORE YEAR

- Take the PSAT/NMSQT.
- Use resources available at your school (books, online tools, college fairs, etc.) to research postsecondary education options related to your career goals.
- Register to take either the ACT or the SAT I and SAT II Subject Tests. There are testing dates every month from January through June. Registration deadlines are approximately four weeks before each testing date.
- Apply for summer jobs, internships, and volunteer activities related to your career cluster.
- Use www.scholarshipresearch.org to determine your financial aid eligibility.

GRADE 11 JUNIOR YEAR

- Make the List
- Before you can apply to college, you have to figure out what you would like to study and what matters most to you (like location, size, or religious affiliation). Use college guides in your local library, school library, or counselor’s office to start making a list of colleges that interest you. Use online tools like www.collegeboard.com and www.acss.cc to learn more about each school and take virtual campus tours.
- Plan for Tests
- Most colleges want scores from the ACT, SAT, or SAT II tests. See what tests the schools on your list require, sign up to take them in time to include the scores on your application, and then practice the free SAT sample questions at www.collegeboard.com or sample ACT tests at www.actstudent.org.
- Be Neat and Complete
- Before you send in a college application, double-check your spelling, make sure nothing is missing, and save a copy just in case you have to submit it again.

GRADE 12 SENIOR YEAR

- In the fall, apply to postsecondary programs and retake any standardized college admissions tests if you would like to improve your score.
- Beginning in November, complete college financial aid forms. Deadlines and required data differ from school to school, so read the instructions carefully.
- In the spring, choose your postsecondary program on the basis of where you have been accepted, costs, etc.
- Continue doing your best work. Most schools require a final transcript before making your acceptance official.

COLLEGE PREP: Getting Accepted

The college admissions process can be stressful and a bit scary, especially if you are the first in your family to apply. Give yourself the best shot at getting into a college program that matches your goals by following these five steps:

1. Make the Grade
   Your grade point average really does count, so do your best work on every assignment, pay attention in class, and participate in group discussions.

2. Get Involved
   Build teamwork and leadership skills by joining clubs and teams at your school, volunteering for service projects, and participating in church or community activities.

3. Make a List
   Before you can apply to college, you have to figure out what you would like to study and what matters most to you (like location, size, or religious affiliation). Use college guides in your local library, school library, or counselor’s office to start making a list of colleges that interest you. Use online tools like www.collegeboard.com and www.acss.cc to learn more about each school and take virtual campus tours.

4. Plan for Tests
   Most colleges want scores from the ACT, SAT, or SAT II tests. See what tests the schools on your list require, sign up to take them in time to include the scores on your application, and then practice the free SAT sample questions at www.collegeboard.com or sample ACT tests at www.actstudent.org.

5. Be Neat and Complete
   Before you send in a college application, double-check your spelling, make sure nothing is missing, and save a copy just in case you have to submit it again.

PAYING YOUR WAY: Financial Aid

Every Alabama student can afford to go to college. It just takes a little planning. Put your college dreams within financial reach by taking these five steps:

1. Consider a Community College
   Alabama’s public and private two-year colleges offer an affordable way to earn an associate’s degree or complete enough credits to transfer into a four-year school as a junior. Learn more at www.acss.cc.

2. Weigh Your Options
   Attending one of Alabama’s four-year public or private schools cuts travel costs and other living expenses, as compared to attending schools out of state. In addition, public schools offer reduced in-state tuition, and, if there’s a college nearby, you can save even more by living at home.

3. Rise to the Top
   Apply to a couple of schools at which your grades and accomplishments put you near the top of the typical applicant pool. Since your application will stand out, you’ll be more likely to qualify for scholarships and other merit aid.

4. Do a Little Digging
   More than one million local, national, and college-specific scholarships are available each year. Ask your school librarian and counselor for help finding printed scholarship resource guides. To find and apply for scholarships online, sign up for the free college scholarship search source FastWeb at www.fastweb.com.

5. Apply for Aid
   Fill out the Free Application for Federal Student Aid (FAFSA) as soon as possible after January 1 of the year you’ll be starting college. FAFSA forms and instruction booklets are available in your guidance counselor’s office and online at www.fafsa.gov. Some schools also require the CSS/Financial Aid Profile form (profileonline.collegeboard.com), and others have their own financial aid forms. Carefully read each college’s application to figure out what forms you need to submit and when.
**Tool Box**

**GLOSSARY**

- **Articulation agreements**: formal agreements between or among educational organizations (high schools, community colleges, and universities) that allow students to receive college credit for courses taken in high school.

- **Associate’s degree**: a two-year degree awarded by a community college.

- **Bachelor’s degree**: a four-year degree awarded by a college or university.

- **Career and technical student organizations (CTSOs)**: co-curricular organizations for students that offer activities and competitions related to particular careers.

- **Career Clusters**: identifies pathways from high schools to two- and four-year colleges, technical schools, graduate schools, apprenticeship programs, and workplace so that learners can recognize the relationship between what they learn in school and what they can do in the future.

- **Career Pathways**: pathways are sub-groupings of occupations/career specialties. Occupations/Career specialties are grouped into Pathways based on the fact that they require a set of common knowledge and skills for career success.

- **Doctoral degree**: a degree awarded by universities for study beyond a master’s degree. May also be called a Ph.D. or a first professional degree.

- **Dual enrollment**: a program between Alabama public colleges and universities and local boards of education that allows high school students to enroll in certain approved college-level courses to receive both high school and college credit.

- **ECEP (Early College Enrollment Program)**: a program that allows juniors and seniors to have full-time enrollment at an Alabama public college or university while still graduating with their class and staying involved with high school activities.

- **Extended learning experiences**: participation in career and technical student organizations, co-curricular activities, job shadowing, internships, or community service.

- **Internship**: an extended learning experience that gives students an opportunity to work temporarily at an entry-level job in a career that interests them.

- **Job shadowing**: an extended learning experience in which students observe professionals in particular careers as they go through a day on the job.

- **Master’s degree**: a degree awarded by universities for study beyond a bachelor’s degree.

- **Postsecondary education**: education beyond high school. Middle and high school are referred to as secondary education, so postsecondary means after high school.

- **STARS System**: allows public two-year students in Alabama to obtain a Transfer Guide/Agreement for an entry-level job in a career that interests them.

- **Postsecondary education (State Transfer & Articulation Reporting System)**: STARS System allows public two-year students in Alabama to obtain a Transfer Guide/Agreement for the major of their choice. This guide/agreement, if used correctly, guides the student through their first two years of coursework and prevents loss of credit hours upon transfer to the appropriate public four-year university in Alabama.

**Resource Shelf**

Use these websites and other resources available from your school counselor to learn more about careers, career clusters, and educational and job opportunities in high school and beyond.

- **ACCESS** • [www.accessdl.state.al.us](http://www.accessdl.state.al.us)
  ACCESS (Alabama Connecting Classrooms, Educators, and Students Statewide) Distance Learning provides opportunities and options for Alabama public high school students to engage in advanced placement (AP), elective, and other courses to which they may not otherwise have access.

- **Alabama Career Information Network** • [www.alcareerinfo.org](http://www.alcareerinfo.org)
  This new Web portal increases Alabama students’ and families’ access to valuable career exploration activities and college financial aid information.

- **Alabama Commission on Higher Education**
  Click on "Colleges & Universities" within this website for a list of four-year institutions in Alabama.

- **The Alabama Community College System** • [www.accc.cc](http://www.accc.cc)
  Learn all about the public and private two-year colleges in Alabama. Connect directly to each school’s website to see the courses, majors, degrees, and scholarships it offers to Alabama students.

- **Alabama Tech Prep** • [www.altechprep.org](http://www.altechprep.org)
  This booklet is sponsored by Alabama Tech Prep. The goal of Tech Prep is to create a smooth transition from high school to college and to a career.

- **Alabama Virtual Library** • [www.avl.lib.al.us](http://www.avl.lib.al.us)
  This Alabama Legislature–funded site provides all students, teachers, and citizens of the State of Alabama with online access to essential library and information resources.

- **America’s Career InfoNet** • [www.acinet.org/acinet](http://www.acinet.org/acinet)
  Use this site to search for occupational information, industry information, and state-specific labor market information.

- **Career Voyages** • [www.careervoyages.gov](http://www.careervoyages.gov)
  This career planning resource helps students, parents, career changers, and career advisors.

- **O*NET (Occupational Information Network)** • [www.online.onetcenter.org](http://www.online.onetcenter.org)
  O*NET provides full information on occupations, including state-by-state salary data, employment prospects, and skill matching for students.

  A valuable resource for both counselors and students, this federal website offers updated information on careers, job responsibilities and working conditions, salaries, and what jobs will be available in the future.