

HEALTH EDUCATION & PROMOTION

COMMON CAREER PATH

The Health Promotion program prepares graduates to provide preventative health services in a corporate or community setting or to provide rehabilitative health services in a clinical or hospital setting. Graduates from the Health Promotion degree program are employed in hospital-based fitness centers, wellness centers, in out-patient centers, and in some of the rapidly growing related professions such as medical supply and pharmaceutical sales. OSU Health Promotion graduates have been admitted to or finished graduate programs in medicine, chiropractics, physical therapy, public health, exercise science, health education, and pharmacy. Also, graduates with additional training now have careers in medical technology, massage therapy, and as physicians assistants.

FRESHMAN YEAR

Career Development Activity Options

- Access your HIRE System account and update your profile
- Identify and join student organizations
- Explore OSU and the Stillwater community through part-time work, volunteering and participating in events
- Research your desired career: find out the growth rate, expected salary range, possible locations, etc.
- Develop a career plan
- Become familiar with and explore the resources and services available to you for self-discovery
- Visit the Career Services office in 102 Willard Hall

SOPHOMORE YEAR

Career Development Activity Options

- HHP 2213- Resume Assignment
- Search the HIRE System for internships
- Meet with a Career Consultant to develop and/or update resume
- Identify faculty, advisors, peers, administrators and staff that you can add to your professional network
- Continue to develop and enhance skills by seeking leadership positions in organizations, the classroom, work or other activities you are involved in
- Make revisions to your career plan as necessary
- Make contact with employers by attending information sessions, club speakers and alumni events.
- Visit organizations of interest to you
- Continue to assess your interests, values, skills and abilities

JUNIOR YEAR

Career Development Activity Options

- Have your resume critiqued by a career consultant
- Research specific employers you are interested in working for
- Attend professional meets and conferences
- Continue to build your network of faculty and professional contacts
- Participate in a mock interview
- Attend a career fair
- Begin graduate/professional/medical school applications

(continued)

HEALTH EDUCATION & PROMOTION

SENIOR YEAR

Career Development Activity Options

- HHP 4902- Mock Interviews
- Internship
- Develop targeted resume and cover letter
- Update your HIRE System account
- Fine tune career plan and decide how you will transition from school
- Attend a career fair or networking event related to your career goal
- Purchase an interview suit (if you haven't already!)
- Apply to positions of interest
- Upon graduation, report your HIRE status at www.hireosugrads.com

ALSO CONSIDER THE FOLLOWING

Career Development Activity Options

- Conduct an informational interview and/or observe a physical therapist
- Join the Health Promotion Club
- Get involved in intramurals on-campus
- Obtain CPR/First Aid Certification