

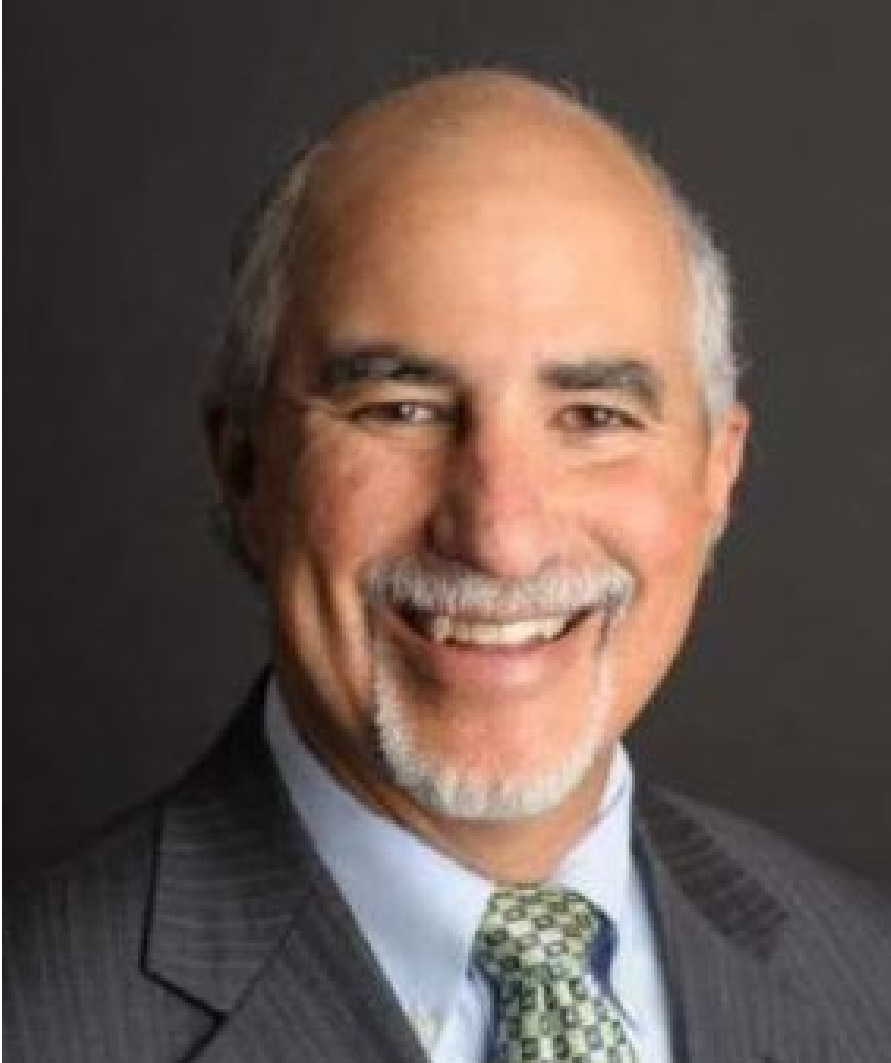


Discovering Your Authentic Health Career

ASPPH PRESENTS
WEBINAR 

ASPPH ASSOCIATION OF
SCHOOLS & PROGRAMS
OF PUBLIC HEALTH

Presenter



Jeff Oxendine, MPH, MBA

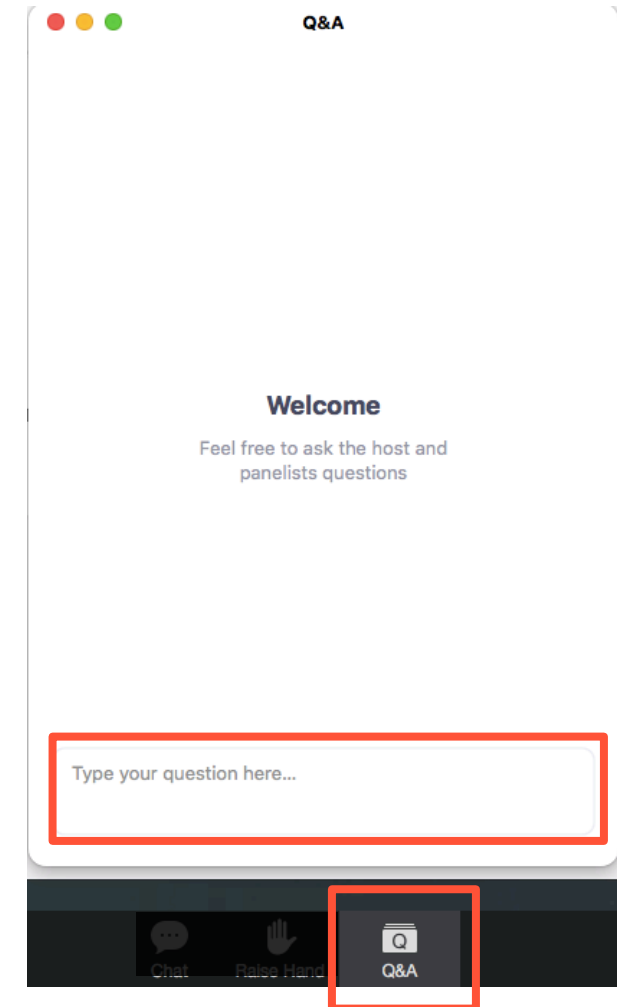
President & Co-Founder, Health Career
Connection

Author, *You Don't Have to be a Doctor*



- You can ask questions in writing anytime during the webinar.
- Simply click on the Q&A button on the bottom of your screen and type them into the pop-up box.

ASPPH PRESENTS WEBINAR 



Recording

This webinar is being recorded and will be available on the webinar event page on the ASPPH website soon:

<https://www.aspph.org/events/category/webinar/>



Discover and Achieve Your Authentic Health Career!

Jeff Oxendine, MBA, MPH

Founder and CEO, Health Career Connection

Director of Health Workforce and Diversity, CHOIR, UC Berkeley School of Public Health

Oxendine@berkeley.edu

Session Overview

- Hot and Emerging Health Careers
- Impact of COVID-19
- How Can You Choose and Pursue Your *Authentic Health Career*
- Exposure and Practical Experience
- Internships and Jobs
- What can you do now?

Hot & Emerging Clinical Career Paths

- Primary Care Physicians
- Advanced Practice Nurses
- Physician Assistant
- Medical Assistants
- Behavioral Health
- Clinical Lab Scientist
- Pharmacists
- Medical Imaging
- Specialty RN's
- Care Coordinators
- Direct Care Workers
- Physical Therapy
- Oral Health



Hot and Emerging Non-Clinical Careers

Public Health

Health
Management and
Policy

Community Health
Workers/Navigators

Social Work

Big Data/Analytics

Digital Health

Health Information
Technology

Consulting

Entrepreneurship



Commission Framework: Focus Areas & Foundational Elements



Why Public Health?

- Tremendous and growing population health needs
- Disparities in healthcare and health status
- Persistent inequities, racism and structural barriers to health equity
- Most disease, injuries and deaths are preventable
- Opportunity for up stream intervention and impact
- Improve conditions for health
- Emerging majority populations underrepresented
- Social justice
- More effective clinician
- Do well by doing good

Public Health Career Paths

Health
Administration

Health Policy

Community
Health

Epidemiology
and
Biostatistics

Infectious
Disease


Maternal and
Child Health

Public Health
Nutrition

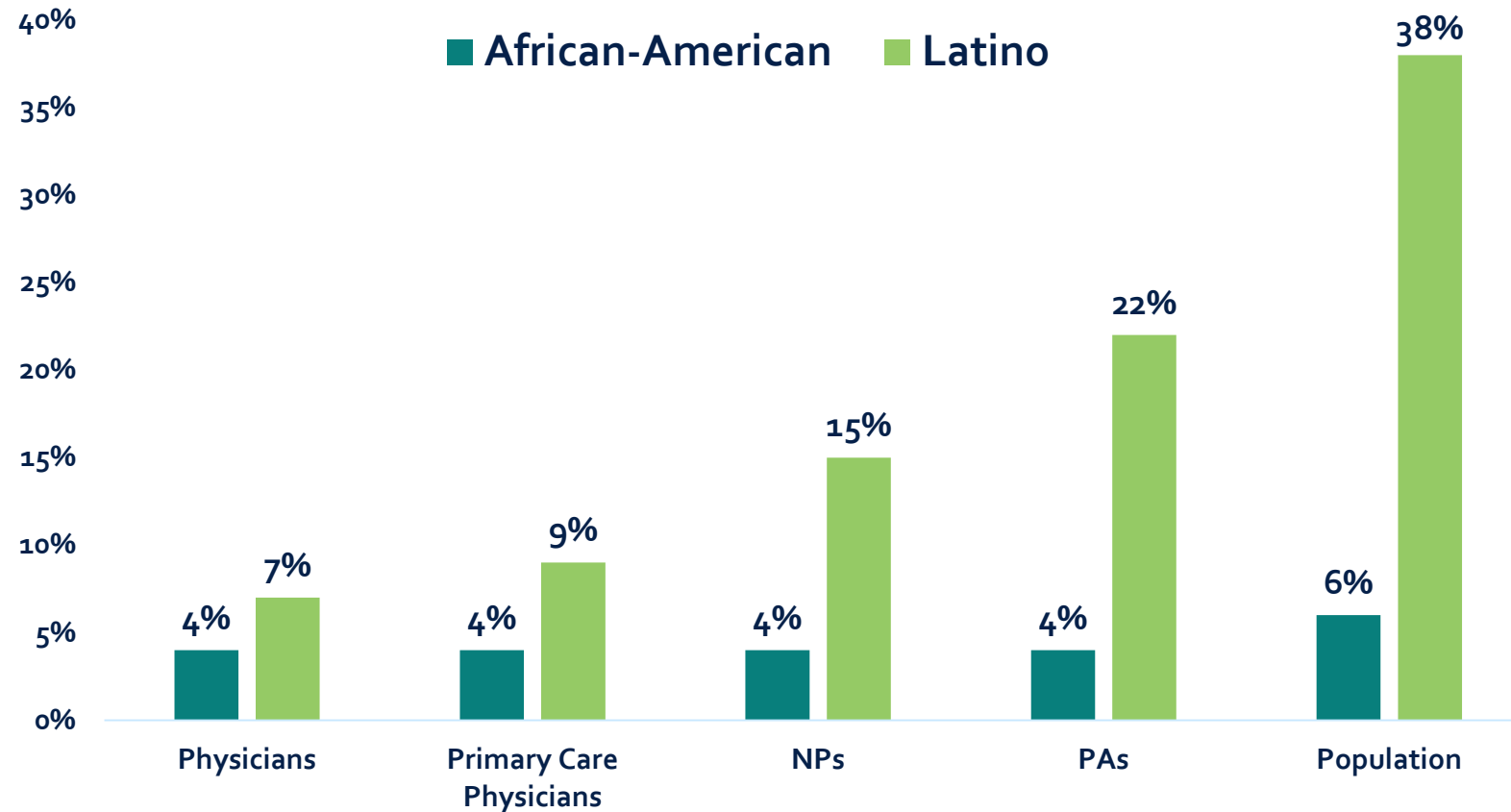
Environmental
Health

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Sectors Where Public Health Professionals Work

- Hospitals and Health Systems
 - Governmental Public Health or Health Agencies
 - Community Based Organizations
 - Community Health Centers
 - Medical Groups
 - Private Sector- Start ups, Bio tech, Health Plans, Tech, Digital Health
 - Foundations
 - Academia
 - Global Health
- 
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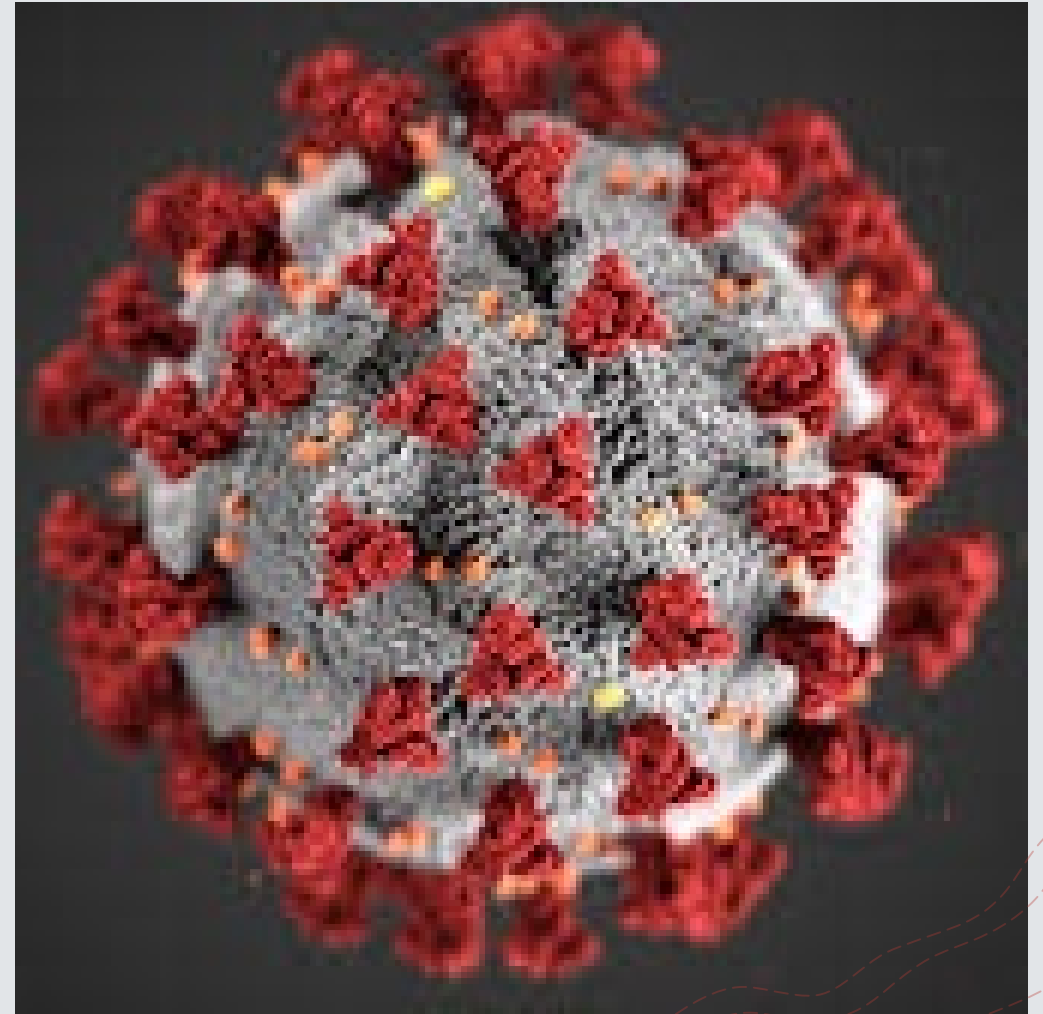
Diversity of Clinicians Compared to the Population, 2015



Sources: American Community Survey, Public Use Microdata Sample, 2015, private tabulation. Medical Board of California, Survey of Licensees, May 2015; private tabulation.

Growth Paths due to COVID-19

- + Contact Tracers & Investigators
- + Surveillance
- + Telehealth
- + Supply Chain- PPE, Vaccine
- + Behavioral Health
- + Data Analysis
- + Recovery
- + Public health workforce,
infrastructure, preparedness



How Can You Combine Public Health and Medicine?

- Public Health Officer
- Clinician or Medical Director of CHC
- Preventative Medicine Specialist
- Communicable Disease Director
- Foundation Leader
- Hospital Medical Director or CEO
- Policy advocate or policy maker
- Professor or researcher
- More effective clinician



Professionals in All Paths Must Address Social Determinants of Health

- Affordable Housing
- Jobs and Economic Development
- Education
- Food Security
- Transportation
- Structural and Institutional Racism
- Power Building
- Hope, Agency, Opportunity

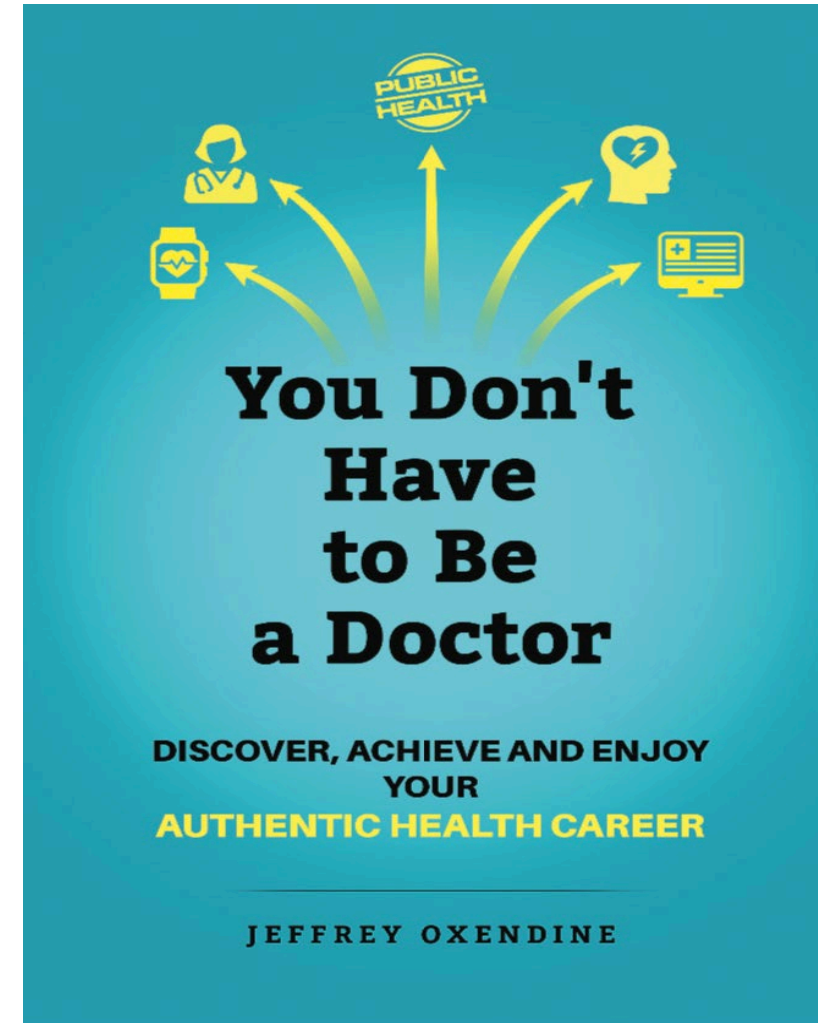


What are Your Health Career Interests?

- Polling Questions
- What are your questions about emerging health careers?



A practical guide to assist
you on your health career
journey



Available on Amazon at
<https://tinyurl.com/y6o9aadx>

“As you become more clear about who you really are, you'll be better able to decide what is best for you - the first time around.”

Oprah Winfrey



Authentic Health Career Path

- Your authentic health career path is the one that best suits *your unique* talents, passions, goals and lived experience.
- *“Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility”.*

Oprah Winfrey

It is Your Life

- *“Your time is limited, so don’t waste it living someone else’s life.*
- *Don’t let the noise of other’s opinions drown out your inner voice.*
- *Most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary”.*
- **Steve Jobs, Stanford Commencement**



Importance of Choosing Wisely



- Opportunity Cost: Your 20's and more
- Defining Decade
- Graduate School Debt
- Grad schools looking for “fit”, demonstrated commitment and skill
- Costly misaligned career choices
- Don't have the impact or life you want
- Your life, health, happiness

Life and Health Career
Alignment Triangle

Being

Searching

Surviving

Health and Employer Needs and Opportunities

Purpose

Fulfilling Work

Impact

Financial Rewards

Satisfaction and Happiness

Health and Wellness

Passion, Values, Goals

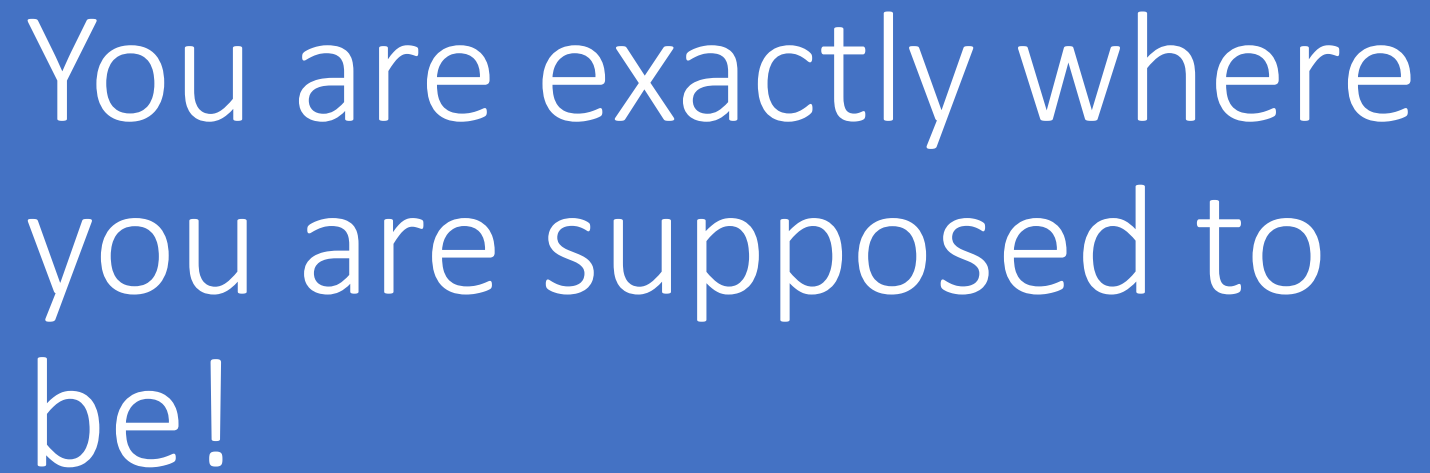
Good at/Enjoy

Authentic Alignment

- “Be Bold and Mighty Forces will come to your Aid”

Goethe





You are exactly where
you are supposed to
be!

You have options!

Move Forward with Intention!



Life and Career Planning Framework

Ongoing learning and adjustment

Belief and Courage

Support Network

Packaging

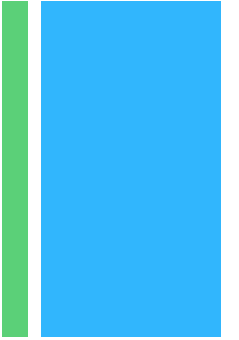
Educational preparation

Choose, actively pursue direction and plan

Practical experience

Self assessment and discovery

Exposure to what is possible



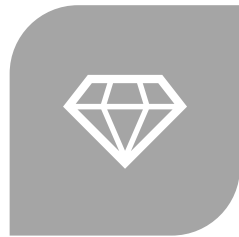
Individual Exercise

1. Select a **framework element** that is a strength. Share what works for you.
2. Select an element that strengthening now will help you advance toward your authentic career.
3. Write down 3 actions you will take in next 3 months to strengthen.

Exposure



TRENDS



ABUNDANCE OF
OPPORTUNITIES



SPECIFIC ROLES AND
ORGANIZATIONS



JOB TITLES AND
QUALIFICATIONS



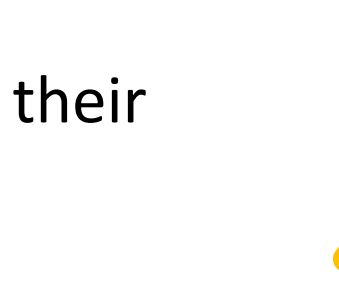
WHAT ARE
EMPLOYERS
LOOKING FOR?

- Affordable Care Act
- Eliminating Systemic Racism
- COVID-19
- Advancing equity and health equity
- Access to quality, affordable care
- The “Quadruple Aim”
- Aging and increasingly diverse population
- Chronic illness prevention and management
- Disparities in health status/outcomes
- Cultural and linguistic competency
- Immigration health issues
- Climate Change
- Disaster Preparedness
- Violence Prevention and Reduction
- Police Reform
- Health4All
- Tele-health
- Big Data in health
- Affordable and supportive housing
- Value-Based Payment

Increasing Demand for Health Leaders and Professionals

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What are health employers looking for?

- Critical thinking and problem-solving
 - Written and oral communication
 - Team leadership and followership
 - Analytical skills and Excel
 - Interpersonal skills and navigate organizational culture
 - Project management
 - Initiative and independence
 - Adaptability, flexibility, resilience
 - Understanding and commitment to their mission and values
 - Enthusiasm
- 
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Practical Experience



INTERNSHIPS



FIELD WORK



JOBS



PROJECTS



VOLUNTEER

Opportunities for BS/BA Graduates

- **Organizations:**

- Consulting Firms
- Health Plans and Health Systems
- Academic Med Centers, Universities
- Start-ups
- Community Health Centers
- Public Health Departments
- Legislative and Government
- Advocacy organizations
- Pharma, Bio Tech, Device
- Electronic Health Records- Epic

- **Programs:**

- CDC Associates Program
- Health Corps, AmeriCorps, Peach Corps, City Year
- Global Health Corps, GHF II
- Capital Fellows Programs
- Health Leads
- COPE Health Solutions
- Health Career Connection


Jobs Titles for Undergraduates

- Consultant
- Analyst, Assistant, Coordinator
- Associate
- Research Assistant
- Community Outreach Coordinator
- Health Education Assistant/Associate
- Sales Associate
- Project Coordinator or Manager
- Administrative Assistant
- Provider Relations Assistant/Specialist
- Care Coordinator
- Health Coach
- Health Navigator/Community Health Worker
- Medical Assistant, Panel Manager
- Health IT- Help desk, EHR trainer,
- Advocate
- Legislative Assistant/Staffer
- Scribe
- Financial or budget analyst
- Customer Service representative




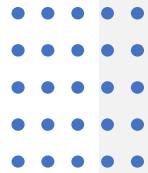
Why Experience Before Graduate School?



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Choose and Actively Pursue 1-3 Directions

- Direction (s)
- Intention- Snow Ball
- Focus
- Tacking
- Goals and Action Plan



“To build the life you
want, create the work you
love”

Marsha Sinetar



What Role and Impact Do You Want to Have?

Population (s)

Health issue or determinant

Type of organization

Role or function

How close to patient or community

Impact you want to have?

Definition of success?

What if you don't know yet?



It's OK!



You have time, may
just not be ready



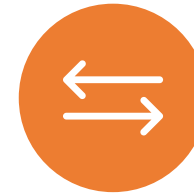
Focus on good
choices about next
steps



Further exposure,
experience,
network



Pay the bills



Actively pursue
direction (s)



Keep the faith



What Can You Do Now?

Resources and Opportunities to Empower You

Put Your Self In the Flow of People and Opportunities

- I- Informational Interviews
- N- Networking
- F- Follow your passion and purpose
- L- Leverage mentors and lead from where you are
- O-Open to opportunity with focused and wide lens
- W-Web-based networking and search strategy

7 Tips for a Successful Job Search

1. Be as clear as you can about career direction, potential paths and what you want.
 - Set objectives for your next job or step.
2. Start early, set a timeline, commit the time.
3. Develop solid packaging.
4. Know your strengths and experience. Be able to discuss and give examples.

7 Tips for a Successful Job Search

5. Explore, create and be open to options. Focus and widen lens.
6. Put your self in the flow of people and opportunities.
 - Fully utilize the support and networks you have.
7. Set the intention and have belief that what you want is possible.
 - Remember it only takes 1.
 - Have a plan B.

Resources to Learn More

- ASPPH- Study, Program Finder, Financing Your Degree
- Public Health Jobs- <https://publichealthjobs.org/>
- APHA Student Assembly- <https://www.apha.org/apha-communities/student-assembly>
- Bolstering an Equitable Public Health [Workforce](#), CA Future Health Workforce Commission
- This is Public Health-Careers- <https://thisispublichealth.org/careers/>
- This is Public Health Book Club- <https://tiph.co/TIPHBookClub>- My book in Sept and Oct
- ASPPH Virtual Career Fairs- <https://thisispublichealth.org/events/>

*Health Career
Conversations
with Jeff
Oxendine and
Health
Leaders
Jeff
Oxendine.com*

- Oct 7 Networking
- Oct 14 Career Opportunities in Community Centers
- Oct 21 Graduate Programs in Health Management
- Oct 28 Preparing for Your Graduate School Application
- Nov 4- Careers and Paths in Health Policy
- Nov 18- Career Opportunities in Digital Health and Health IT
- Nov 24-Career Options in Bio Tech and Bio Pharmaceuticals
- Dec 1- Making the most of your Job Search and Winter Break
- Dec 8- Health Systems and Hospitals
- Register at: <https://www.eventbrite.com/o/jeff-oxendine-31048058631>

HEALTH CAREER CONNECTION



HCC is a national non-profit that
inspires and **empowers**

- ❑ Undergraduate students,
- ❑ recent graduates and
- ❑ HCC alumni



from under-represented or disadvantaged backgrounds,
to choose and **successfully** pursue
health careers and graduate education

www.healthcareers.org

Inspire Empower Succeed

HEALTH CAREER CONNECTION



PAID SUMMER INTERNSHIPS

For 30 years, HCC has inspired and empowered the next generation of diverse health leaders through our comprehensive paid summer internship programs. We provide in-person and virtual internships in California, New York, New England, North Carolina, Washington DC, and Tennessee.

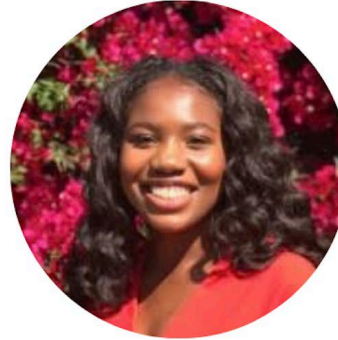
Open to undergraduates and recent college graduates. Students of color, first-gen students and those from low-income backgrounds are strongly encouraged to apply.

**2021 COHORT APPLICATION AT
HEALTHCAREERS.ORG**

DEADLINE: 12/13/2020 11:59 PM PST



Explore public health and healthcare careers to find *your* authentic path!



Gain 10-weeks of full-time, hands-on experience with **paid** stipend support

Receive 1:1 **mentor** support through our preceptor model



Support **local communities** nationwide through Internships in **hospitals**, health centers, health policy think tanks, **public health** departments and organizations, non-profits, and **consulting** firms across 9 different regions

Access career planning insights through **networking** & **professional workshops**



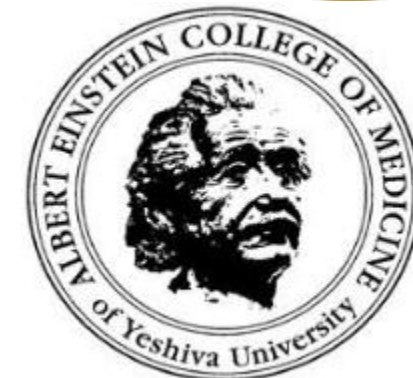
Connect with **3,800 HCC alumni** across health-related careers



Some of HCC's Graduate School Partners



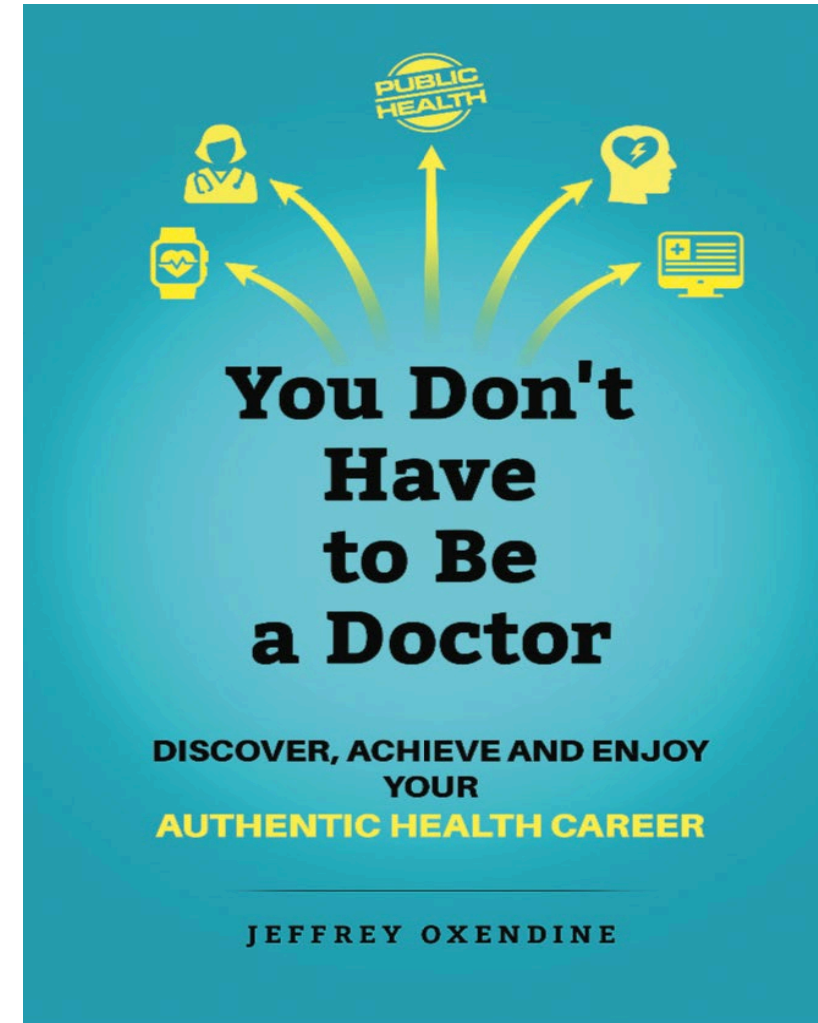
Harvard School of
Public Health



Access all recorded webinars online at
<https://jeffoxendine.com/for-individuals/>

- Tips for Networking & Overcoming Your Fears
- Launching a Successful Job Search
- The Future of Public Health
- Hot Health Careers
- Graduate Programs in Health
- Applying to Public Health Graduate Programs
- Preparing your Statement of Purpose and Letters of Recommendation
- Financing Graduate School
- Guest Panels on a Health Careers in Medicine, Health Policy and Management, and more

A practical guide to assist
you on your health career
journey



Available on Amazon at
<https://tinyurl.com/y6o9aadx>

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Jeff Oxendine



@Jeff_Oxendine

For more information:

Visit jeffoxendine.com

Email: Oxendine@berkeley.edu



- “If one advances confidently in the direction of his dreams and endeavors to live the life imagined, he will meet with a success unexpected in common hours”

Henry David Thoreau, Walden



Evita Limon Rocha, MD, MPH

- Local pipeline program product- Reach Out & HCC
- MD and MPH
- ULCA Med, UC Irvine Psychiatry Resident
- Policy Advocate
- NHMA Resident of the Year
- Returned to serve in Inland Empire as Child and Adolescent Psychiatrist
- Devoted Mother of 3





Contact

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Contact: students@aspph.org



THANK YOU!

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