

High School Checklist

- ✓ Assess your interest and abilities
- ✓ Research careers you are interested. There is so much information available on-line.
- ✓ Look for programs in your area that provide opportunities to learn more about health care careers, such as AHEC or the local hospital.
- ✓ Look for volunteer opportunities in your community or in a nearby community.
- ✓ Job shadow someone who works in the career you are interested in pursuing.
- ✓ Go to the professional sites for the career. They will give you information about the career, schools that provide the education needed and other valuable information.
- ✓ Research post secondary educational sites that offer the education in the area of interest to you. These sites list the courses that are required to obtain your degree or certification. If they don't list the information, call or e-mail them and ask them for information. All sites have a "contact us" link. Use it to get the information that you need.
- ✓ Talk to your high school counselor about coursework that is necessary for success at the post secondary level. If you show your counselor the courses that you will need to take after high school, they can help you develop a plan of high school courses that will prepare you for success at the next level.
- ✓ Participate in the aptitude testing that is done at your school to assist you with determining your strengths and areas of interest.
- ✓ Do recognize that scores on standardized tests (ACT, SAT) and grades are important. Many of these programs are competitive meaning that you have to apply to them and there are only a certain number of people accepted. Grades and test scores are one of the factors used to determine who is accepted.
- ✓ Don't get discouraged if the requirements seem impossible to meet. Often a profession has several career levels. For example: you want to provide dental care, but the courses to become a dentist more involved than you want, consider a dental hygienist.
- ✓ **Start early. Don't wait until your senior year!**