

COMMUNITY HEALTH

*WHAT CAN I DO WITH MY MAJOR IN COMMUNITY HEALTH?

*WHAT CAN I DO TO MAKE MYSELF MORE MARKETABLE?

*WHERE CAN I FIND CAREER INFORMATION?

• CAREER PLANNING • SUNY POTSDAM • 106 SISSON

HOME PAGE: www.potsdam.edu/career

TEL: 315-267-2344

WHAT CAN I DO WITH A MAJOR IN COMMUNITY HEALTH?

1. Evaluate the health behavior of individuals and the conditions influencing their health.
2. Provide education and health promotion programming in such areas as preventative health care, fitness, nutrition, family planning, substance abuse, and other health related topics.
3. Develop and implement individual, group, institutional, community and public programs to improve health.
4. Serve as a health resource for individuals and organizations.
5. Involvement in community organizing and outreach, grant writing, coalition building, and health promotion advocacy.

EXAMPLES OF FIELDS OF EMPLOYMENT FOR COMMUNITY HEALTH MAJORS:

1. Public Health Departments
2. Hospitals
3. Cooperative Extension Programs
4. Substance Abuse Prevention
5. Patient Education Programs
6. Community and Social Service Agencies
7. Industrial/Business Organizations
8. Schools

SAMPLE JOB TITLES OF SUNY POTSDAM'S COMMUNITY HEALTH MAJORS:

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|-----------------------------------------|---------------------------------|
| * Substance Abuse Prevention Specialist | * Human Development Specialist |
| * Director of Human Resources | * Research Technician |
| * Wellness Coordinator | * Chemical Dependency Counselor |
| * Public Health Educator | * Worksite Wellness Coordinator |
| * Community Relations Specialist | * Wellness Center Director |

SAMPLE JOB DESCRIPTIONS:

1. Recreation Coordinator: Conducts recreation and leisure programs for ill, physically handicapped, mentally retarded, or behaviorally disturbed individuals. Recommends programs for children and adults involving exercise, group interaction and/or social participation.
2. Nutritionist: Participates in nutrition counseling and research at the community level. Teaches individuals and groups various aspects of health including meal preparation, rehabilitation through dietary planning, and good general health.
3. Corporate Wellness Instructor: Provides bereavement counseling and referral, alcohol education, and stress management. Offers exercise and dietary advice to employees.
4. Program Coordinator: Plans, implements, and evaluates community health programs. Collaborates with other organizations for program delivery. Delivers health education seminars, identifies and seeks external funding and builds community support for health education programming.
5. Substance Abuse Prevention Specialist: Provides outreach programs for groups within the community identified as "at risk" for substance abuse, develops/identify age-appropriate curriculum, evaluates effectiveness of programming, and identifies potential funding sources for innovative programming.

ENHANCING EMPLOYABILITY:

1. Get involved in the career development process early, freshman year.
2. Select minors/elective courses that will demonstrate interest/applicability to your career objective.
3. Get career related experience: internships, summer and/or part-time employment, volunteer. Join a career related association or organization.
4. Develop the following job search and self-marketing skills: resume and cover letter writing, portfolio development, researching employers, interviewing, networking, and employment searching.
5. Skills to develop: oral communication, problem solving, organizing, effective planning, using procedures/systems, cooperation, risk taking, advising, evaluating, explaining, following written and/or oral instructions, patience, persistence, researching, and analyzing.

SAMPLE OF INTERNSHIP EXPERIENCES:

- * Clinical Directors Network
 - Arranges conferences, workshops, and training for clinicians research. Emphasizes cancer research and AIDS treatments through community programs. Six intern programs are available: AIDS, cancer, administrative, immunizations, cardiovascular, and epidemiology. Responsibilities vary among programs.
- * Health Career Opportunity Program, Rusk Institute of Rehabilitation Medicine
 - Responsibilities include tasks and research related to a clinical area such as rehabilitation medicine, recreation therapy, and occupational therapy.

STRATEGIES FOR CONTACTING EMPLOYERS:

- * write an employer targeted resume and cover letter
- * prepare for an interview
- * develop networking cards
- * use SUNY College at Potsdam's Career Planning Internet Homepage
- * network
- * design a portfolio
- * learn job search strategies
- * use SUNY College at Potsdam's Career Planning Reference Books

SOME EMPLOYERS OF SUNY COLLEGE AT POTSDAM HEALTH/SCIENCE MINORS:

- * Corning, Inc.
- * Strong Memorial Hospital
- * C.M.E. Associates Inc.
- * Benjamin Rush Center
- * Stanly Industrial Services
- * Young Adult Institute
- * Cohoes Savings Bank
- * Thousand Island Central School District
- * Federal Reserve Bank of New York
- * Lakeland School District
- * Canton-Potsdam Hospital
- * Carolina's Medical Center

WHERE TO GET INFORMATION AND ASSISTANCE:

1. **HEALTH AND PHYSICAL EDUCATION DEPT., SUNY College at Potsdam, 233 Maxcy Hall**
 - * talk with faculty
2. **CAREER PLANNING CENTER, SUNY College at Potsdam, 106 Sisson Hall**
 - * Individual career assistance
 - * Workshops/seminars
 - * Employer literature
 - * Computerized assessment programs
 - * Networking assistance
 - * Summer jobs
 - * Job vacancies
 - * SUNYCDO Job Fair
 - * Career Planning Internet Home page
 - * Career Fairs
 - * Reference file
 - * Free handouts available
 - * Career testing

WHAT IF I WANT TO GO TO GRADUATE SCHOOL?

RESOURCES AVAILABLE AT THE CAREER PLANNING CENTER:

- * graduate school handout
- * GRE, GMAT, MCAT, LSAT and MAT forms and bulletins
(GRE computerized tests and graduate study books)
- * graduate books - listings of schools and programs
- * financial aid information about graduate school
- * Peterson's Graduate Programs (G7F,G,H,I,J,K)

RESOURCES FOR FINDING EMPLOYERS:

SUNY POTSDAM CAREER PLANNING CENTER MATERIALS AVAILABLE:

- * Dun's Career Guide Employment Opportunities Directory (R8GG)
- * Job Hunter's Sourcebook (R26D)
- * The New Careers Directory (I2G)
- * Summer Jobs for Students (S2A)
- * Peterson's Job Opportunities for Health and Science Majors (R17A)
- * Federal Jobs for College Graduates (R16A)
- * AHA Guide to the Health Care Field (R17B)
- * Jobs and Careers with Nonprofit Organizations (R35B)
- * The Source Book: Social and Health Services in the Greater New York Area (R46G)
- * Job Opportunities - Health Care (R17A)

OTHER SOURCES OF INFORMATION:

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| * Division of Health Careers
American Hospital Association
840 North Lake Shore Drive
Chicago, IL 60611 | * National Council on Rehabilitation Education
1200 Commercial
Emporia State University
Emporia, KS 66801 |
| * American Health Care Association
1201 L Street NW
Washington, DC 20005 | |

