



BABSc  
**HEALTH PROGRAM**

# CAREER INFORMATION

StFX Student Career Services  
July 2017

The Bachelor of Arts and Science in Health offers two streams, biomedical and social determinants of health and health equity. The Biomedical Concentration focuses on concepts from the natural sciences that inform our understanding of health, as well as some methods by which biomedical innovation is undertaken. Students will examine the relationship between these concepts and health, illness, disease, pain, and disability. However, the complexity of health cannot be considered solely in biological terms. Thus, students will be educated on views of health that go beyond the absence of disease and attention will be given to the wider context of health, including social and environmental factors that influence health.

The Social Determinants and Health Equity Concentration focuses on the social and environmental factors that influence health on individual and population levels. Students will examine the relationship between inequities and the determinants of health across different historical periods, societies, and cultures. As part of a holistic conceptualization of health, students will also consider biological factors that influence health and how they interact with social and environmental factors.

BABSc Health students can apply to professional programs, including medicine, dentistry, pharmacy, and occupational therapy. Students can also pursue graduate work in fields such as health administration, health policy, or health promotion. While the program aims to prepare students for a range of careers in the field of health, it is not a professional program and does not provide students with a professional designation.

## Transferable Skills and Career Options

The skills listed are considered transferable skills. Students should also consider knowledge that they also developed as result of this program. Remember to take into account the skills that you have gained outside of lectures -- through your work experiences, volunteering, extra-curricular and leisure activities.

### Biomedical Stream

- Observation
- Cognitive/memory skills
- Collaboration
- Analytical
- Teamwork
- Attention to Detail
- Leadership
- Judgment
- Reasoning
- Scientific Inquiry
- Cultural Competence
- Adaptability
- Organization
- Capacity for Improvement
- Communication
- Problem solving
- Time Management
- Research
- Critical Thinking
- Logical Thinking
- Understanding
- Work Independently
- Service Orientation
- Compiling Statistics
- Resilience
- Decision Making
- Think creatively

### Career Options

There are hundreds of roles within the health field for you to explore. The following list is only a sample.

Occupational Therapist, Physical Therapist, Prosthetics/Orthotics, Speech Language Pathology, Dental Hygiene, Dentistry, Doctors: various specialties, Audiology, Biomedical Science, Clinical Biochemistry, Virology, Law, Librarianship, Management, Health Informatics, just to name a few.

### Social Determinants of Health and Health Equity

- Advocacy
- Communication
- Ethics
- Problem solving
- Presentation ability
- Questioning
- Interpret
- Resourceful
- Collaboration
- Engagement
- Strategy
- Investigating
- Resilience
- Capacity for Improvement
- Organization
- Think creatively
- Project Management
- Critical Thinking
- Reasoning
- Teamwork
- Analytical
- Perceive
- Reflective
- Understanding
- Decision Making
- Planning
- Learning
- Service Orientation
- Adaptability
- Cultural Competence
- Research

### Career Options

There are hundreds of roles within the health field for you to explore. The following list is only a sample.

Management (Policy, People, Project), Health Informatics: Education and Training, Health Records, Information & Communication Technology, Information Management, Library, Knowledge & Information Services, Project Management, Law, Public Policy, Public Health Research, Health Equity Strategy, Health Promotions, Community Development, just to name a few.

# Career Planning Process

This section will assist you through the career planning process. Career decisions should not be left until the last year. When thinking about “career planning”, think of ‘planning’ as being an active participant in your development and future career where you can change your mind and adapt your plan. Career Planning is a process that you will go through the rest of your working life.

Choosing a career is a non-linear process that can be experienced differently from student to student. Some students come to university believing they have made a career decision only to realize they have changed their minds. Many students express they have “no idea” as to what they might want to pursue. With a vast array of academic majors and over 15,000 possible occupations to choose from, making a career decision can be overwhelming.

To help with the career planning process, it is helpful to review the definition of career. “Career” is a lifestyle concept that involves the sequence of work, learning, and leisure activities in which one engages throughout their lifetime. Careers are unique to each person and are dynamic-unfolding throughout life. Careers include how people balance their paid and unpaid work, and personal life roles. Uncertainty and happenstance also play a role.



*Career Planning Process*

Career planning involves learning, growing, changing, and experiencing. The career planning process consists of self-assessment, exploring occupations, making decisions, and goal setting.

The first step is discovering one’s self. This can be accomplished by learning about strengths, interests, personality, skills, career values, and aptitude. Questions to help you help you find answers include: What do I do well? What skills do I have? What type of work would I like to do or not do? What kind of hobbies/interests do I have?

There are numerous ways to explore options. [Careercruising.com](http://careercruising.com) is a website that outlines the different occupations, salary, progression, and post-secondary institutions that provide the education or training. Other options include co-op education, volunteering, job shadowing, informational interviewing, service learning, working a part-time or summer job, and reading job advertisements.

Things to remember. Change is constant. You might enter university with “the plan” and four to six months later, change your plan. And yes, “the plan” can change on a regular basis. This is part of the journey! Also remember, “the plan” may contain various options.

Learning is a lifelong and continuous process. It consists of understanding of self and the world of work. Jobs that exist in 2015 might not exist in 2035. You may experience various feelings throughout the career planning process, specifically, uncertainty, frustration, confidence, apathy, confusion and many others. One reason why students become frustrated with career decisions is they jump to making a decision without looking at who they are, or what is going on in the labour market. Explore and develop your skills and interests. Discover the various occupations within the world of work, and relate the occupation back to your skills, interests and goals.



## Resources

### **StFX Student Career Services** [sites.stfx.ca/scs](http://sites.stfx.ca/scs)

StFX students from all years of study and programs can use our services. We provide career counselling, career information, and employment services.

### **StFX Academic Advising**

Academic Advising assists students with developing meaningful educational plans and act as an academic resource.

### **Careercruising.com**

Careercruising.com assists students with exploring occupations and offers an online self-assessment for interests and skills. StFX purchases a yearly site license for this software. Please contact the StFX Student Career Services for the username and password.

### **Canadian University Study Search** [universitystudy.ca/search-programs/](http://universitystudy.ca/search-programs/)

Universities Canada's online database of Canadian university study programs can help you determine where to study in Canada and find the programs that most interests you. It contains close to 15,000 undergraduate and graduate study programs including certificates, diplomas and degrees ranging from bachelor's degrees to doctoral degrees.

### **Co-operative Education** [sites.stfx.ca/co-op](http://sites.stfx.ca/co-op)

The BAsC in Health has a Co-op option for both streams. Co-op is a wonderful way for students to gain relevant paid work experience, discover your strengths, and refine your career goals.

## What's Next? Strategies to Foster Your Success

Career planning is an annual activity. As you complete your degree, remember to spend time looking at who you are, potential options, engage in decision making, and develop action plans. Keeping track of school or job requirements is a great way to help plan your academic studies, volunteer and extracurricular activities. Strive to achieve more than the minimum admission requirements for the program you wish to enter.

Reflect on your courses, past work experiences, volunteer, extracurricular and ask yourself "so what". What skills, abilities, or knowledge did you develop; strengthen as a result of your experience. This is helpful for when you go to interviews as school and employers want to know how you use the skill and your level of ability. This reflection exercise also assists with helping you write a better letter of intent.

Explore the various program and occupations and their requirements. If you choose 2-3 programs or occupations that are of interest, discover why you might enjoy working in this field. Schools and employers do not want to hear that you "want to help people", "want to make a difference", "you are a people person", and etc. Schools and employers are looking for genuine answers. Reflective questioning will assist you with developing genuine answers.

Remember to have a plan A, B and C. If you are applying for schools, also apply for jobs at the same time. It is easier to "thank you, but no thank you" than to miss a deadline.

If you have a question or get stuck in your career process, ask for help. StFX has many resources to help you.

