



THE PATHWAY FROM **EDUCATION TO VOCATION**

Becoming a Difference Maker in
ALLIED HEALTH

Why Study *Allied Health* at Azusa Pacific University?

The Allied Health major prepares students for careers in a variety of fields, including, but not limited to, nurse practitioner, physical therapy, physician assistant, occupational therapy, and many others. Due to changing health care policies and practices, these fields are expected to expand by approximately 35% in the next 10 years. The allied health program combines essential theoretical knowledge and course prerequisites necessary to enter graduate programs in these fields with hands-on laboratory work in basic science including anatomy, cell biology, neurobiology, and others areas of science.

APU's allied health program boasts a strong acceptance rate of students seeking admission in prestigious and competitive professional health care programs. Internships are an important component of preparation and APU supports students in the internship experience through coursework (BIOL 390, BIOL 391, and BIOL 395) and partnerships with clinical sites. In some cases, internship experience may lead to employment such as a physical therapy aide. Internships can also prepare a student by increasing confidence in clinical ability, networking with clinical sites, and preparation for additional training and employment necessary as a pre-requisite for many physician assistant graduate programs. Faculty in the Department of Biology and Chemistry, student organizations such as the Future Allied Health Leaders Association (FAHLA) or other APU resources can assist students in finding clinical internship sites as well as support students in getting the most out of the internship experience.

YOU MIGHT CONSIDER AN ALLIED HEALTH MAJOR IF YOU:

- Enjoy interacting with and helping people
- Care about people's physical health and well-being
- Want to do hands-on health care
- Enjoy direct patient care
- Are inquisitive and enjoy discovering new things
- Want to help humankind overcome serious challenges
- Are interested in health and medicine but don't necessarily want to become a doctor or dentist.



ASHLYN DAVIES '08
Clinical Pharmacist
Kaiser Permanente

Ashlyn attended Pharmacy School at Loma Linda University and is now one of the youngest pharmacists at Kaiser Permanente in Orange County. She appreciated the smaller class sizes at APU as it allowed professors to get to know her character.

"APU has a solid network of people who are not only educating you, but also promoting your dreams."



MELISSA ESTES '09
Physician Assistant
Barrington Healthcare for Women

Melissa went on to receive her Master's Degree in Biomedical Sciences and Physician Assistant Studies at Rosalind Franklin University. When given the opportunity, she prays with her patients who are in need of healing.

"Study hard and work hard: it's worth it."

ALLIED HEALTH MAJORS ARE PREPARED FOR:

- Critically thinking through complex processes
- Observation/data collection and data analysis
- Solving problems in a variety of situations
- Analyzing information from multiple sources
- Quantitative reasoning
- Communicating scientific findings verbally and through written media
- Laboratory based techniques and skills
- Understanding scientific terminology and nomenclature
- Considering the ethical implications of scientific and medical findings
- Careers in professional health care

GRADUATES IN ALLIED HEALTH WORK AS:

- Physical therapists
- Physician assistants
- Nurse practitioners
- Occupational therapists
- Nurses
- Physical therapy assistants

**Many of these careers may require additional training and/or graduate education*



CALEB BURGESS '11
Orthopedic Physical Therapy Resident
Kaiser Permanente Medical Group

After graduating with Cum Laude honors, Caleb went on to complete the DPT program at APU. He is now finishing his residency and has published his first article: *Effect of Prolonged Superficial Heating on Quadriceps Musculotendinous.*

"Cherish every moment that you have, because these will be some of the best years of your life."

STEPS TO TAKE AS A MAJOR IN ALLIED HEALTH

OPTIONS TO EXPLORE AROUND APU

BE CALLED.

EXPLORE. DEFINE. RESEARCH. LEARN.

- **TAKE GENERAL BIOLOGY I (BIOL 151)**
Explore your interest in a science or medical related field.
- **ATTEND DEPARTMENTAL ADVISING SESSIONS**
Participate in advising each semester in order to discuss your progress through the courses and get feedback from a faculty advisor in regards to your career pursuits.
- **ATTEND PANELS AND EVENTS**
Hear from current students, alumni, and employers about careers in the Allied Health field.

- **LEARN HOW TO APPLY YOUR STRENGTHS WITHIN YOUR ACADEMICS, LIFE, AND CAREER**
Meet with a Career Consultant* or Strengths Mentor.
- **CONSIDER CAREER OPTIONS FOR YOUR MAJOR**
Meet with a Career Consultant* or your faculty advisor to explore and discuss requirements for your career options.

BE PREPARED.

IDENTIFY. STRENGTHEN. PRACTICE.

- **ENGAGE IN MOCK INTERVIEWS**
Faculty members help students who have secured an interview for a professional or graduate program by conducting a mock interview beforehand.
- **ATTEND A WORKSHOP**
A variety of workshops are given each year, sometimes sponsored by the Future Allied Health Leaders Association (FAHLA) or other clubs in the health sciences, on developing a personal statement or interview skills. The Pre-Health Seminar (BIOL 390) also guides students as they prepare for applying to professional programs in the health sciences. In addition, faculty often work one-on-one with students during the year to develop skills in these areas.
- **GET HANDS-ON EXPERIENCE**
Get volunteer or paid experience in a healthcare setting while taking Practicum and Topics in Allied Health (BIOL 465).
- **SECURE AN INTERNSHIP**
Utilize your connections to find an internship in an area related to your interests and career aspirations. Practicum Course offerings (BIOL 390, BIOL 391, BIOL 395) allow students to integrate scientific knowledge with volunteer or paid positions at research or clinical sites in the community such as City of Hope.
- **IF YOU'RE INTERESTED IN GRADUATE-LEVEL EDUCATION**
Meet with professors and the Center for Career and Calling to narrow your choices and apply.

- **RECEIVE FEEDBACK ON YOUR INTERVIEWING ABILITIES**
Complete a Mock Interview with a Career Consultant*
- **CREATE A RESUME TO APPLY FOR AN INTERNSHIP**
Meet with a Career Consultant* to review your resume and cover letter. Run them by your professors, too.
- **GROW YOUR SKILLS IN AN ON CAMPUS JOB OR STUDENT LEADERSHIP POSITION**
Talk to Student Employment or Student Life about the available opportunities.
- **VOLUNTEER LOCALLY AND GLOBALLY TO SHAPE YOUR PERSPECTIVE**
Talk to the Center for Student Action about how you can serve.
- **GAIN KNOWLEDGE ABOUT YOUR CAREER OPTIONS**
Do informational interviews or go to a career-related event to learn more about your career, degree, and experience requirements.

BE CONNECTED.

JOIN. NETWORK. BE ACTIVE.

- **EXPLORE SHADOWING OPPORTUNITIES**
Volunteer within your field of interest in order to establish connections
- **ATTEND CONFERENCES**
Explore networking opportunities by attending conferences within your discipline
- **FOLLOW APU DEPARTMENT OF BIOLOGY AND CHEMISTRY ON [FACEBOOK](#) AND [INSTAGRAM \(@APU_BIOLOGY_CHEMISTRY\)](#)**
Stay up-to-date on department activities.
- **JOIN APU CONNECT**
Use the exclusive online networking portal to connect with other alumni.

- **TALK TO ALUMNI FROM YOUR MAJOR**
Join [APUConnect.com](#) and start reaching out. You can also email clasalumni@apu.edu* for help connecting with alumni.
- **GET ACTIVE ON LINKEDIN**
Meet with a Career Consultant* to review your profile and learn how to use LinkedIn.
- **ATTEND CAREER-RELATED EVENTS**
Keep an eye out for career events related to your major or that are happening around campus.
- **HAVE LETTERS OF RECOMMENDATION ON HAND**
Request them from professors and advisors at least a month before due.

* Visit apucareer.youcanbook.me/ to make an appointment with a Career Consultant

* Use subject line: Connect me with APU alumni

APPLYING TO GRADUATE SCHOOL

EXPLORE.



Learn more at
www.apu.edu/career/graduateschool

SELECT.

ONLINE RESOURCES TO HELP IDENTIFY THE BEST PROGRAM FOR YOU

[Peterson's Guide](#)
[GradSchools.com](#)
[The Princeton Review](#)
[National Assoc. of Graduate Professional Students](#)
[The Council of Graduate Schools](#)
[APU Pew Society Graduate Guide](#)

EXAMPLES OF SCHOOLS ATTENDED BY APU ALLIED HEALTH GRADUATES:

[Western University of Health Sciences](#)
[Regis University](#)
[University of California, Davis](#)
[Emory University](#)
[Loma Linda University](#)

APPLY.

- APPLICATION FORM AND FEES**
Follow instructions carefully and have one or more people check for errors.
- ENTRANCE ESSAY**
Provide a writing example that shows your personal objectives.
- TRANSCRIPT**
Ask APU to send it directly to the school you are applying to.
- LETTERS OF RECOMMENDATION**
Schools usually require three letters, so get them early.
- INTERVIEWS**
If your potential school requests an interview, treat it as a job interview.

FINDING YOUR CAREER

IDENTIFY.

- Search online job boards and professional associations in the Allied Health field
- Regularly check-in with your organizations of interest and network with those who can inform you of opportunities
- Look on APU Career Network for possible opportunities

ALLIED HEALTH ASSOCIATIONS:

[Association of Schools of Allied Health Professions](#)
[National Society of Allied Health](#)

PREPARE.

BRAINSTORM YOUR EXPERIENCE
What have you done? What is relevant?

▼
TAILOR YOUR RESUME
What does the job description say?

▼
WRITE GOOD BULLET POINTS
Do you focus on your accomplishments?

▼
FORMAT YOUR RESUME
Is it easy to read and follow?

▼
PRACTICE INTERVIEWING
Know yourself.
Know the position.
Know the organization.

RESEARCH OPTIONS

OCCUPATIONAL OUTLOOK HANDBOOK
www.bls.gov/ooh/

O*NET ONLINE
www.onetonline.org

PROFESSIONAL ASSOCIATION REFERENCE
www.weddles.com/associations

NETWORK.

WHO DO YOU KNOW?
WHO DO YOU NEED TO KNOW?



WHY NETWORK?

- Learn about different options in your field
- Research companies and positions of interest
- Find hidden opportunities that are not advertised
- Obtain referrals from those who have influence

EXAMPLES OF COMPANIES THAT HIRE APU ALLIED HEALTH GRADUATES:

Casa Colina
Kaiser Permanente
Evergreen Physical Therapy