

Building a Foundation for a Career in Science & Health



A HAMILTON EDUCATION is designed to prepare you for a lifetime of personal and professional achievement and satisfaction. Through your coursework and activities, you will develop a broad base of knowledge and skills to prepare you for a variety of career opportunities. However, you will need to take initiative to explore career options and develop career-specific skills. Obtaining an internship is one of the best ways to build a foundation for your career.

Most formal internships are competitive; you should view your first two years at Hamilton as a time to gain career-related experiences to make yourself marketable for a competitive internship following your junior year. Career-related experiences can take place during the academic year as well as during the summer. Your initial summer opportunities will most likely be unpaid, located close to your home, and with a small to medium-size organization. The following are types of organizations and departments you might consider contacting:

Clinical:

- ▶ Hospitals
- ▶ Skilled nursing and long-term care facilities
- ▶ American Red Cross blood drive
- ▶ Reproductive health clinic
- ▶ Physical therapy clinic
- ▶ Summer camp for kids with mental or physical health issues
- ▶ Residential home
- ▶ Social Services organization
- ▶ Local ambulance service

Field:

- ▶ Zoo or nature center
- ▶ Humane Society

- ▶ Department of Health
- ▶ State Department of Environmental Conservation
- ▶ Nonprofit organization with health or science mission
- ▶ Environmental consulting firm

Lab:

- ▶ Hamilton Summer Science Research Program or other university lab
- ▶ Medical and diagnostic laboratory
- ▶ Community blood center
- ▶ Local vet clinic
- ▶ Cooperative extension office

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The chart on the right identifies tasks in each of three educational areas. They are progressive, and we strongly recommend that you begin this process during your first two years at Hamilton.

Career-Planning Tasks

The Career Center offers personalized and comprehensive services to help you with the career-planning process.

Career-Related Experience

It is important that you be actively involved on campus as well as use your summers to develop career-related skills and experience.

Academic Preparation

Select courses, a concentration and electives that help you develop creative, critical thinking, writing and speaking skills as well as skills specific to a career in science & health.

Photos from left: Medical student Craig Conard '98, who worked in Mali as a National Institutes of Health Fogarty Fellow; students researchers gathering samples during an expedition to Antarctica; Assistant Professor of Chemistry Camille Jones working with a student.

	Career Planning Tasks	Career-Related Experience	Academic Preparation
1	<p>Meet with a career counselor.</p> <p>Write a résumé.</p> <p>Attend career information sessions.</p> <p>Identify potential career-related experiences.</p>	<p>Become active on campus (i.e., BioMatters, Chemical Society, Emergency Medical Team, Hamilton's Environmental Action Group, Psyched About Psychology, Science Teaching Assistant).</p> <p>Volunteer/intern during the summer in your home area (see options on reverse side).</p>	<p>Explore a variety of academic courses.</p>
2	<p>Learn about specific career options in the sciences using resources such as <i>Facts On File</i>, professional science associations (i.e., American Institute of Biological Sciences) and informational meetings with science and health professionals.</p> <p>Update résumé.</p> <p>Develop a prospect list of potential sites for gaining career-related experience during the summer.</p>	<p>Continue your involvement with campus organizations, assuming leadership roles.</p> <p>Obtain a career-related experience during the summer in your home area.</p>	<p>Choose a concentration and elective courses that enhance science-related skills and knowledge.</p>
3	<p>Secure a competitive career-related experience during the summer of your junior year.</p>		