

YOUR CAREER IN HEALTH

Companion Guide

Your Career in Health: A Guide to Getting Started, Growing, and Thriving in the Health Workforce is a comprehensive and community-informed resource that organizes and explores the many careers in the health world to help individuals find the right role and career pathway for them.

This **companion guide** offers guidance for those supporting job seekers in using this resource, including guidance counselors, career advisors, parents, coaches, and supervisors. It includes questions and recommendations for navigating the resource across different situations.

Use this guide when working with a student or job seeker who wants:

- A job that only requires a specific amount of schooling
- A career field with a lot of possible pathways
- A job that guarantees them a certain baseline salary
- Guidance on what career options are available in the health field
- A starting point for a specific career, like nursing
- Clear steps to reach their career goals from their existing health field job

Related resources to support your effective use of this guide

Sample Guide to Your Career in Health: This mini version of Your Career in Health is a great resource to print or have available as a more digestible version of the book. At just 16 pages, the sample guide includes excerpts from the health career directory, pathways, worker profiles, and other information.

Video interviews of featured workers: Each worker profile in Your Career in Health includes a 3-5 minute video interview of that individual's career journey, available on our website. These videos are a great way for job seekers to hear about workers' real experiences, barriers, and advice for others.

A note on navigating the resource: Most pages include clickable links at the top of the page to transition back to the table of contents or to the start of the different sections. Be sure to use these features to help you move between sections.

To determine how to use the guide with a specific job seeker, start by asking...

Do you have any specific jobs in mind? Do you have a job you aspire to have? Do you know what kind of job you want to start out in?

If their answers are mostly *no*, try exploring the book more generally:

Flip through the **Career Directory** to look at a list of over 130 possible jobs, including brief descriptions of the roles and information about salaries, education and training requirements, and relevant skills and interests (page 7).

Review the different **Career Pathways and Overviews**, especially the maps and worker profiles at the beginning of each pathway. These sections share examples of different advancement pathways and information on how to grow in their career and transition between roles (page 86).

Check out the worker profile **video interviews** for more information and inspiration from workers' own journeys.

If their answers are mostly *yes*, explore the guide with a more focused approach:

Consider asking them these questions to inform what they look for in the guide:

- When you think about the general career you want to have, what is important to you?
- What are some of your interests and values?
- What might be some of your needs versus wants in a job?

Check out the **Career Pathways** of specific jobs of interest to learn how they might be able to advance to their career goals.

Check out the **directory entries** for roles along their career path of choice, paying attention to the factors that matter to them, like salary, education, interests, and skills.

Read through the **worker profiles** of their pathway of interest and watch the **video interviews** for more information and inspiration from their career journeys.

When supporting anyone you work with, remember:

Your Career in Health is just a guide—each person's career journey is unique, and job seekers should not be afraid to chart their own path as they navigate their career journey!

Check out the **Career Support Resources** to find more resources for supporting career journeys, such as case management and social services, interview preparation resources, digital skills support, job readiness programs, and transportation resources (page 289).

If you're unsure of a word's meaning, refer to the glossary (page 295).