



## Health and Wellness

Sun Devils are Well Devils who take pride in their health and wellbeing and look for opportunities to make meaningful contributions to their communities. Through ASU's partnership with Mayo Clinic, one of the largest and most renowned institutions in health care, Sun Devils are provided opportunities to learn from progressive healthcare industry experts and participate in programs with global impact. Because of the formation of this alliance in 2002, new dual degree programs, research consortiums and health clinics have been established. Graduates from wide variety of degrees with a passion for health can succeed with the tools that are available to them at ASU. Well Devils create new technologies to assist veterans with PTSD and depression, brainstorm innovative ways to tackle obesity, and advocate for strategic urban planning to encourage more active lifestyles.

### Tips for Success

#### Consider an advanced degree

Many health and wellness careers require an advanced degree or specialized licensing. It's important to know early if your area of interest requires additional education. Join the pre-health list serve to get announcements and updates on trends and required licensing in the health industry.

#### Certifications

Many health careers require certifications like CPR and First Aid. Make sure to check if you'll need additional certifications and obtain these as soon as you can.

#### Gain experience early

When it comes to health and wellness, experience is necessary in order to advance. Volunteer or intern at your local hospital or nonprofit to see the inner workings of the organization. Not only will this help you identify what you want out of your career, it will allow you to gain industry knowledge.

#### Shadow a professional

Working in health and wellness often requires an apprenticeship or an experience working under someone with expert knowledge. Sun Devil Network can be a key tool in helping you identify a professional who is willing to offer a job shadow or mentorship experience.

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#### Possible Career Fields

Alternative Medicine  
Athletic Training  
Chiropractic  
Counseling/Mental Health  
Dentistry  
Global Health  
Health Care Administration  
Health Coaching  
Health Policy  
Nursing  
Nutrition  
Dietetics  
Occupational Therapy  
Pharmacy  
Physical Therapy  
Physician  
Physician Assistant  
Public/Community Health  
Speech Pathology/Audiology  
Sports Medicine

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### Professional Associations

There are several local and national professional associations connected to this Career Interest Area. Joining a professional association will help you network with professionals already in your field of interest, as well as expose you to new opportunities you may not have considered. Some are free to join and others may offer student rates to become a member.

- **Academy of Nutrition and Dietetics**
- **American College of Sports Medicine**
- **American Occupational Therapy Association**
- **American Physical Therapy Association**
- **American Medical Association**
- **American Public Health Association**
- **American Nurses Association**

### Next Steps

Try searching for internships on **Handshake** or volunteer opportunities with **VolunteerMatch**.

### Student Organizations @ ASU

Student organizations are another great way to get connected with fellow students with similar interests. Many student clubs bring potential employers to speak at meetings, host career-related events, and offer professional development opportunities. Check **Sun Devil Sync** for more information on joining student organizations.

- **Active Minds**
- **Alpha Epsilon Delta**
- **American Medical Students Association**
- **Barrett Student Nurses**
- **F.A.C.E.S in Health Professions**
- **Global Health Student Association**
- **Health and Counseling Student Action Committee**
- **Health Occupation Students of America**
- **Pre-Dental Club**
- **Pre-Optometry Club**
- **Pre-Pharmacy Club**
- **Pre-Physician Assistant Club**
- **Student Emergency Medical Services**
- **Student Health Outreach for Wellness**
- **Well Devil Coalition**

#### Contact us

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  SunDevilCareers  
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