

# Empowering Minority Public Health Students: A Digital Career Guide

**September 2024**

The opinions, conclusions, or recommendations of this minority public health student digital guide are solely those of the National Hispanic Health Foundation and do not constitute or represent the official position of the Centers for Disease Control and Prevention.



## Introduction

The minority public health student career guide is a vital resource designed to assist individuals from marginalized communities navigate their career paths effectively. It provides information, advice, and strategies to help minority students make informed decisions about their career interests within Public Health and further their awareness of the field. Ultimately, this empowers Black, Latino, and Native American students to take control of their career development and achieve their professional goals.

### Importance

The public health workforce must be more representative of the population it serves. Practitioners with marginalized identities are better equipped to serve clients from marginalized communities, lowering medical mistrust.<sup>1</sup> A diverse public health workforce is necessary to address the far-reaching health effects of inequality. The overall number and proportion of graduates from underrepresented minority groups in public health schools have increased; however, the percentage of Black, Latino, and Native American students graduates remains low.<sup>2</sup>

Specific needs and challenges faced by minority public health students in their career journeys:

- Lack of knowledge and awareness about careers in public health at high school and college graduations.
- Challenges include the “leaky pipeline,” lack of resources and guidance, and negative connotations of specific terminologies for Native American students.
- Colleges nationwide are implementing more significant career service programs to aid students in their career goals and interests.

## SECTION 1

# Understanding Your Goals and Interests

Understanding Your Goals and Interests covers specific topics that lay the groundwork for career exploration by helping minority public health students identify their passions to set meaningful career goals.

## Setting Career Goals:

Setting Career Goals guides establishing clear, achievable short-term and long-term career goals. Learn how to define SMART (Specific, Measurable, Achievable, Realistic, Trackable) goals that align with personal aspirations and societal impact, empowering students to navigate their career paths effectively.

- Offer guidance on setting short-term and long-term career goals, considering personal aspirations and societal impact.
- Define specific, measurable, realistic, and trackable goals.
- Set Smart, Meaningful, Achievable, Realistic, and Trackable goals.

[Link](#)

This digital career guide addresses these specific needs and challenges and provides tools and guidance for self-assessment and goal setting. It aims to empower minority public health students to navigate their career paths successfully and contribute effectively to the field of public health.

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1 Our Media. (2024). ASTHO CAREER SHORT 1-MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/953967066>.

# Exploring Career Paths in Public Health

[People Behind Public Health](#)<sup>2</sup> offers a comprehensive overview of various specializations within the field, including profiles of minority professionals, helping students understand the diverse career options available.

## Public Health Specializations:

Public Health Specializations delve into different areas such as Biostatistics, Community Health, Environmental Health, Epidemiology, Global Health, and Health Equity, highlighting their scopes, impacts, and career opportunities.

### [Biostatistics](#)<sup>2</sup> ↗

**Specialty Scope:** The collection, analysis, interpretation, and presentation of data that affects health and health outcomes.

**Impact:** Design, implement, and analyze health-related studies.

**Career Opportunities:** pharmaceutical companies, hospitals, independent research groups, public health organizations, and government agencies.

### [Community Health](#)<sup>3</sup> ↗

**Specialty Scope:** Public health addresses the needs of all citizens within a community, not one individual group, and offers a broad outlook on awareness, education, and research.

**Impact:** Perform community assessments and develop and implement health programs. Know how adequate community health education can lead to better preventative habits.

**Career Opportunities:** Include community centers, health and wellness clinics, state and local government agencies, and health departments.

### [Environmental Health](#)<sup>4</sup> ↗

**Specialty Scope:** Human health and the environment's health as it affects the population's well-being.

**Impact:** Understand toxicology, disease prevention, zoonotic diseases, occupational hazards, and air and water quality. Know how societies, occupations, and geography affect population health.

**Career Opportunities:** Academia, companies involved in chemicals or pharmaceuticals, and environmental protection agencies at the local, state, and federal levels.

### [Epidemiology](#)<sup>5</sup> ↗

**Specialty Scope:** Study of population disease, illness, and associated risk.

**Impact:** Ability to use epidemiological and statistical methods within data analysis, research design, and transferring information into written communication.

**Career Opportunities:** include local, state, and federal government agencies, Research laboratories academia, and pharmaceutical research.

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2 Our Media. (2024). ASTHO Informatics Final-MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/913358334>.

3 Our Media. (2024). ASTHO CT Final-MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/914180454>.

4 Our Media. (2023). Environmental Public Health Careers. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/849904477>.

5 Our Media. (2024). ASTHO AZ FINAL-MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/980770516>.

## SECTION 2

### ***Global Health*** ▶

**Specialty Scope:** Ecology, the global economy, and differences between cultures are factors that relate to human health and wellness.

**Impact:** Plan, analyze, and implement public health agendas to improve health in various areas. Investigate the cause of widespread illness in foreign countries, implement health policies, and promote wellness programs.

**Career Opportunities:** Government agencies, research facilities, and non-profit organizations.

### ***Health Equity*** ▶

**Specialty Scope:** Addressing the inequalities and disparities in healthcare access, treatment, and outcomes across race, ethnicity, geographic residence, gender, sexual orientation, and disability status.

**Impact:** Understanding health disparities and social determinants, as well as the ability to identify opportunities and design, implement, evaluate, and monitor interventions and policies to advance health equity.

**Career Opportunities:** County and state health departments, non-profit organizations.



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7 Our Media. (2024). ASTHO Seattle Final-MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/904075715>.

## Profiles of Minority Public Health Professionals:

Profiles of Minority Public Health Professionals<sup>8</sup> features detailed biographies and interviews with influential figures like Georges Benjamin and Phil Wilson. Gain insights from their experiences and learn about the diverse paths available within public health.



**Georges Benjamin, MD**

Executive Director of the American Public Health Association (APHA)



**Jeannie Concha**

Assistant professor in public health at The University of Texas



**Phil Wilson**

Founder and former President of the Black AIDS Institute



**Wyatt Pickner, MPH**

MPH, Research Manager, American Indian Cancer Foundation.



**Jessica Zamora, MPH**

Senior Manager with the National Coalition of STD Directors



**Donald Warne, MD, MPH**

Co-Director of the Johns Hopkins Center for Indigenous Health

8 Our Media. (2023). ASTHO - Puerto Rico. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/873447756>.

# Building Essential Skills

Building Essential Skills focuses on developing critical competencies needed for success in public health careers, ensuring that students are well-prepared for their professional journey.

## Skills for Success:

Skills for Success covers vital skills such as Communication, Teamwork, Analytical/Assessment, Program Planning, Cultural Competency, Leadership, and Problem-Solving. Through practical examples and resources, discover how to enhance these abilities.



### **Communication**

Effective organizational communication enables individuals or groups to convey information effectively and efficiently. This skill encompasses verbal and non-verbal forms of expression, including written, spoken, and visual communication.



### **Teamwork**

Teamwork entails collaborating and working together towards a common goal or objective. This skill involves sharing responsibilities, leveraging each other's strengths, and supporting one another to achieve collective success.



### **Analytical/Assessment**

The ability to gather, interpret, and evaluate information to solve problems, make decisions, and formulate strategies. Individuals with strong analytical skills can break down complex problems into smaller components, identify patterns and trends, and draw logical conclusions based on available data.



### **Program Planning**

Design, organize, and coordinate initiatives or projects to achieve specific objectives or outcomes. This skill involves creating structured plans that outline the goals, activities, timelines, resources, and evaluation methods required for successful implementation.



### **Cultural Competency**

The ability of individuals and organizations to effectively interact, communicate, and collaborate with people from diverse cultural backgrounds. This skill involves recognizing and valuing diversity by understanding and respecting different cultural groups' values, beliefs, norms, and practices.



### **Leadership**

The ability to guide, inspire, and motivate individuals or teams to achieve common goals and objectives. This skill involves setting a clear vision, providing direction, and fostering a supportive environment where people can thrive and contribute their best efforts.



### **Problem-Solving**

The ability to identify, analyze, and resolve challenges or obstacles in work settings. This skill involves critical thinking, creativity, and resourcefulness in developing practical solutions to complex problems.

## SECTION 3

# Professional Development Resources:

[Professional Development Resources](#)<sup>9</sup> offers targeted resources for each skill area, including courses, toolkits, and tutorials to help you refine your expertise and advance your career.

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### **Communication**

#### [Developing Interpersonal Communication Skills for Work](#) ↗

This comprehensive course will strengthen employees' interpersonal communication skills. Engaging videos examine conflict resolution, business etiquette, and more to help employees communicate effectively in various workplace situations.

#### [Interpersonal Communication](#) ↗

The Interpersonal Communication program helps teens build effective listening and communication skills while understanding their communication style. This Toastmasters-created content is designed to support existing youth programs and groups in helping teenagers become better communicators.

#### [Improving Communication Skills](#) ↗

Learn how to communicate more effectively at work and achieve your goals. Taught by award-winning Wharton professor and best-selling author Maurice Schweitzer, *Improving Communications Skills* is an essential course designed to give you the tools needed to improve your communication skills and the most successful strategies for using them to their advantage.

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### **Teamwork**

#### [Effective Communication: Writing, Design, and Presentation Specialization](#) ↗

Learn to write well-organized, clear business documents, design elegant presentation slides, reports, and posters, and present and speak confidently and powerfully. In the final Capstone Project, you'll develop a portfolio of work—including a memo, a slide deck, and a presentation—to showcase your communication skills and represent your brand.

#### [Active Listening](#) ↗

Active listening is a communication skill that you can use to improve your ability to understand and comprehend verbal information. This skill will also help you to communicate your ideas and knowledge more effectively. In this tutorial, you will learn about effective active listening skills. You will understand how the communication process actively involves a sender and a receiver.

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### **Work Smarter, Not Harder: Time Management for Personal & Professional Productivity** ↗

Students will be well-prepared to apply knowledge gained to workplace productivity. They will use the best practice tools, methods, and techniques learned in goal setting, prioritization, scheduling, and delegation to overcome time management challenges and enhance productivity.

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### **Analytical/Assessment**

#### [Four ways to improve your analytical skills](#) ↗

#### [Free Data and Analytics book](#) ↗

#### [Developing Your Analytical Skills: How to Research and Present Information](#) ↗

Whether you are developing a new product or service, presenting findings on a competitor's product, or deciding how to allocate resources, you need the analytical skills to support your conclusions with valid and credible evidence. In this course, you'll learn the basics of implementing a process for data analysis that ensures you're focusing on the most critical information, involving the right people, and conveying your message in terms your audiences will understand.

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<sup>9</sup> Our Media. (2023). What Leaders Look For Final ASTHO -MP4. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/944488003>.



## SECTION 3

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### **Program Planning**

#### [Project Management Skills to Master](#) ↗

Project management skills are essential to completing a project from start to finish. These skills ensure everyone on the team or department works together to improve the organization's workflow and achieve a common goal. This article explores project management skills and the 19 skills every project manager should possess.

#### [Program planning skills and basis](#) ↗

This file helps understand its skills, basis, objectives, etc.

#### [Fundamentals of Project Planning and Management](#) ↗

This is an introductory course on the fundamental concepts of planning and executing projects. We will identify factors that lead to project success and learn how to plan, analyze, and manage projects. Learners will be exposed to state-of-the-art methodologies and consider the challenges of various projects.

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### **Cultural Competency**

#### [Cultural intelligence: Become a global citizen](#) ↗

This course, via structured learning activities (video lectures, quizzes, discussion prompts, industry interviews, and written assessments), will teach you that those with high 'cultural intelligence' can spot cultural differences and adapt their behavior accordingly.

### **Diversity, Equity, and Inclusion** ↗

This program is appropriate for anyone committed to going beyond mere compliance to build a genuine, aware, and inclusive work culture. It starts by looking at employee engagement and then identifying interventions surrounding unconscious bias and specific diversity, equity, and inclusion strategies.

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### **Leadership**

#### [High-Performance Collaboration: Leadership, Teamwork, and Negotiation](#) ↗

Learn the essential skills to develop and expand your leadership repertoire, design teams for collaboration, and craft win-win negotiation strategies. High Performance Collaboration: Leadership, Teamwork, and Negotiation focuses on these topics. Students will use self-assessments to analyze their leadership style, develop team charters to optimize their groups and create a game plan for effective negotiation.

#### [Youth Leadership Program](#) ↗

The Youth Leadership Program is a workshop consisting of eight one- to two-hour sessions that enable people between the ages of 14 and 18 to develop their communication and leadership skills through practical experience.

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### **Problem-Solving**

#### [Effective Problem-Solving and Decision-Making](#) ↗

This course will teach an overarching process for identifying problems to generate potential solutions and applying decision-making styles to implement and assess those solutions. Through this process, you will gain confidence in assessing problems accurately, selecting the appropriate decision-making approaches for the situation at hand, making team decisions, and measuring the success of the solution's implementation.

#### [Problem-Solving Resource](#) ↗

Problems can occur anytime, and solutions often need to be found quickly. Various tools will help you identify a problem's source, brainstorm solutions, and select the best option.

# Navigating Educational Pathways

Navigating Educational Pathways guides students through the process of selecting and succeeding in public health programs, offering tips on finding the right educational opportunities.

## Choosing the Right Program:

Choosing the Right Program provides tips on evaluating undergraduate and graduate programs based on accreditation, diversity and inclusion, curriculum relevance, faculty diversity, research opportunities, and support services.

### **Accreditation**

Look for programs accredited by the Council on Education for Public Health (CEPH). Accredited programs ensure quality education and may enhance job prospects.

### **Diversity and Inclusion**

Research the institution's commitment to diversity and inclusion. Consider programs that actively support minority students through mentorship, networking opportunities, and cultural sensitivity training.

### **Curriculum**

Evaluate the curriculum to ensure it covers many public health topics relevant to minority health disparities. Look for courses or concentrations focusing on health equity, social determinants of health, and cultural competency.

### **Faculty Diversity**

Consider the diversity of the faculty within the program. Having a diverse faculty can provide different perspectives and support for minority students.

### **Research Opportunities**

Explore research opportunities within the program, particularly those focused on minority health issues. Research experience can strengthen your skills and enhance your resume or CV.

### **Networking and Support**

Look for programs that offer networking opportunities and support services tailored to minority students. This may include student organizations, affinity groups, and career development workshops.

### **Financial Aid and Scholarships**

Investigate financial aid options, including scholarships specifically for minority students. Many organizations and institutions offer scholarships to support diversity in public health education.

### **Alumni Success**

Research the success of program alumni, particularly those from minority backgrounds. Alumni who have significantly contributed to minority public health or public health equity may indicate the program's effectiveness in supporting minority students.

## Scholarships and Financial Aid:

Scholarships and Financial Aid lists scholarships and financial aid options for Black, Latino, and Native American public health students, helping you find funding to support your education and career goals.

### **Scholarships for African American Public Health Students**

- [The Agnes Jones Jackson Scholarship](#)
- [The Ron Brown Scholarship](#)
- [The Jackie Robinson Foundation](#)
- [Albert W. Dent Graduate Student Scholarship](#)
- [Mae and Mary Scholarship Fund](#)
- [Health Equity Scholars Program](#)

### **Scholarships for Hispanic and Latino Public Health Students**

- [Hispanic Scholarship Fund](#)
- [Maestro Cares Scholarship](#)
- [Hispanic Heritage Youth Award](#)
- [National Hispanic Health Professional Student Scholarship](#)
- [The Hispanic Health Professional Student Scholarship](#)
- [Health Equity Scholars Program](#)

### **Scholarships for Native American Public Health Students**

- [Indian Health Service Scholarship Program](#)
- [American Indian College Fund](#)
- [American Indian Education Fund](#)
- [American Indian Graduate Center Graduate Scholarships](#)
- [AIS Scholarships](#)

# Gaining Practical Experience

Gaining Practical Experience emphasizes the importance of internships, fellowships, and networking as essential components for career development in public health.

## Internships and Fellowships:

Internships and Fellowships highlight opportunities such as the NHHF Internship Program, California Leadership Fellowship, and CDC's Undergraduate Public Health Scholars (CUPS) Program, which provide hands-on experience and professional growth.

### **NHHF**

#### **[Internship Program](#)**

- The Program Intern plays a vital role within the NHHF team; this individual will have the ability to learn about program management, project execution, fundraising, event planning, and much more. The Program Intern should be entrepreneurial, highly motivated, and energetic. S/he should be attentive to details and be able to handle multiple projects and deadlines. The applicant should be familiar with or interested in working with the Hispanic community and medical professionals.

#### **[California Leadership Fellowship Program](#)**

- An executive training program that aims to advance the careers of Hispanic physicians pursuing work with the U.S. Department of Health and Human Services, State and City Health Commissioner positions, academic leaders in medical schools, and chief medical officers in federal clinics and private practice.

### **NHMA**

#### **[Leadership Fellowship Program](#)**

- The purpose of the NHMA Leadership Fellowship is to assist in developing leadership potential among physician members of the National Hispanic Medical Association. This will increase the number of skilled Hispanic physicians who may be eligible for entry into the pool of applicants for policy-making and executive positions within state and federal government and the private sector at decision-making levels.



## SECTION 5

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### **CDC**

#### [Association of State Public Health Nutritionists \(ASPHN\) Health Equity Internship](#)

- ASPHN's Health Equity Fellowship Program is designed for students in a public health program within federally designated minority-serving institutions and underrepresented students in non-MSIs. The program offers students a unique opportunity to apply academic and problem-solving skills to real-life work experiences.

#### [CDC Undergraduate Public Health Scholars \(CUPS\) Program CDC's Undergraduate Public](#)

- The CDC John R. Lewis Undergraduate Public Health Scholars [Lewis Scholars; formerly CDC Undergraduate Public Health Scholars (CUPS)] program prepares a diverse body of students to consider public health as a career to ensure a future where the American public benefits from a more diverse and better-trained public health workforce. During the internship, a core area of study and practice is related to the health needs of U.S. minorities and other populations often underserved and underrepresented in the field.

#### [Lewis Scholars' Imhotep Project](#)

- An 11-week summer internship program designed to increase the knowledge and skills of underrepresented minority students in biostatistics, epidemiology, and occupational safety and health.

#### [Public Health Leadership and Learning Undergraduate Student Success \(PLLUSS\)](#)

- Fellows are assigned to Kennedy Krieger Institute (KKI), Historically Black Colleges and Universities, Johns Hopkins University undergraduate program in Public Health, Bloomberg School of Public Health, Johns Hopkins School of Medicine, and School of Nursing in Baltimore, MD, and California State University—Los Angeles (CSU-LA), a diverse Hispanic-serving Institution.

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### [Public Health AmeriCorps](#)

- AmeriCorps and the Centers for Disease Control and Prevention have collaborated through Public Health AmeriCorps to foster the development of future public health leaders ready to meet the nation's health challenges. Public Health AmeriCorps aims to address the public health needs of local communities by offering support in state and local health settings while striving for equitable health outcomes for underserved populations and to establish pathways to quality careers in public health by providing hands-on experience and training

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### **Additional Resources:**

[Public Health AmeriCorps](#)

[HACU Internship](#)

[CHCI Fellowship](#)

[CBCF Fellowship](#)

[CDC Diversity and Health Equity Opportunities](#)

[Public Health Scholarships](#)

[Harvard External Scholarship Database](#)

## Networking and Mentorship:

Networking and Mentorship offers strategies for effective networking, including attending conferences, joining professional organizations, and seeking mentorship. Learn how to build valuable connections and gain insights to advance your career in public health.

### **Identify Your Goals**

Determine what you want to achieve through networking. Are you looking for career opportunities, seeking mentorship, or aiming to collaborate on projects? Clarifying your objectives will help you focus your networking efforts.

### **Attend Conferences and Events**

Public health conferences, workshops, and seminars are excellent venues for networking. These events bring together professionals from various sectors and provide opportunities to exchange ideas, learn about the latest research and trends, and connect with like-minded individuals.

### **Join Professional Organizations**

Joining professional associations such as the American Public Health Association (APHA), the World Health Organization (WHO), or other regional or specialty-specific organizations can offer valuable networking opportunities. These organizations often host networking events, webinars, and online forums where members can engage with peers in the field.

### **Utilize Social Media**

Platforms like LinkedIn, Twitter, and professional Facebook groups are powerful tools for networking. Create a strong LinkedIn profile highlighting your skills, experience, and interests in public health. Join relevant groups and participate in discussions, share insights, and connect with other professionals in your field.

### **Attend Workshops and Training Programs**

Participating in workshops, training programs, and continuing education courses enhances your skills and knowledge. It also lets you network with fellow participants and instructors who share your interests or expertise.

### **Seek Mentorship**

Mentorship is invaluable for professional growth. Identify experienced public health professionals who inspire you and contact them for guidance and mentorship. A mentor can provide valuable advice, share their experiences, and help you navigate your career path.

### **Volunteer for Projects and Committees**

Volunteering for projects, committees, or task forces within your organization or professional network is an excellent way to expand your network and demonstrate your skills and commitment to the field. It also provides opportunities to collaborate with colleagues and establish meaningful connections.

### **Follow Up**

After making initial connections, follow up with your new contacts to maintain the relationship. Send a personalized thank-you email, connect on LinkedIn, or schedule a follow-up meeting to discuss potential collaborations or opportunities further.

### **Additional Resources**

Public Health Insight - Networking Successfully in Public Health & Global Health

- [Building Relationships in Public Health & Global Health: Why You Should Be Networking](#)
- [How to Create A Successful Networking Strategy: Identifying Your Goal & Taking the First Step](#)

# Overcoming Challenges

Overcoming Challenges addresses the unique obstacles that minority public health students may face, providing strategies for resilience, self-care, and overcoming barriers to success.

## Addressing Minority-Specific Challenges:

Addressing Minority-Specific Challenges highlights critical issues such as representation, discrimination, and imposter syndrome, offering insights into how these challenges affect students and ways to confront them effectively.

### **Representation**

Representation is critical for minority college students. When individuals from underrepresented backgrounds see people who look like them in leadership positions, faculty roles, or successful careers, it can profoundly impact their own aspirations. Positive representation provides role models, fosters a sense of possibility, and combats stereotypes.

### **Discrimination**

Discrimination against minority college students remains a pressing issue, affecting educational experiences and overall well-being and manifesting in various forms. Examples are, admission disparities, microaggressions, and unequal treatment in academic and social settings. There is also a psychological toll of continuously dealing with discrimination, which may lead to greater levels of stress, anxiety, and a sense of isolation.

### **Imposter Syndrome**

Imposter syndrome weighs heavily on the shoulders of minority students navigating academic environments. Despite their accomplishments, students may attribute their success to luck or external factors rather than their abilities, fearing that they don't truly belong.

[How Students of Color Confront Imposter Syndrome](#) - Dena Simmons

## Resilience and Self-Care:

Resilience and Self-Care emphasizes the importance of setting sustainable goals, prioritizing self-care, creating healthy boundaries, and building a supportive network. Discover practical tips for managing stress, maintaining emotional well-being, and achieving a balanced, fulfilling academic and professional life.

- 1 **Set Sustainable Goals:** Begin by setting realistic and achievable goals. Recognize your limitations and your other needs beyond work.
- 2 **Prioritize Self-Care:** Self-care should be considered an integral part of your journey, not an extra step. Make time for meaningful conversations, take walks in nature, and ensure you get enough quality sleep.
- 3 **Create Healthy Boundaries:** Establish clear distinctions between work and non-work time. Set boundaries for when you'll engage with work-related tasks and when you'll focus on your personal life.
- 4 **Practice Time Management and Prioritization:** Efficiently manage your time by prioritizing tasks. Break your work into manageable chunks, and take regular breaks that allow you to maintain focus and productivity without feeling overwhelmed.
- 5 **Build Your Support Network:** Connect with friends, family, or colleagues who understand your ambitions and encourage your well-being. Having a network to lean on during challenging times is crucial.
- 6 **Pay Attention to Your Emotions:** Acknowledge your feelings and emotions. If stress or burnout creeps in, seek professional help.

Additional Resources: [NIH - Emotional Wellness Toolkit](#)

## SECTION 7

# Job Search and Career Development

Job Search and Career Development equips students with the tools and strategies necessary for a successful job search, from resume building to mastering interview techniques.

## Resume Building and Interview Skills:

Resume Building and Interview Skills provide essential resources for crafting an effective resume and mastering interview techniques. Explore platforms like Big Interview and Career One Stop to enhance your resume and interview skills with practical tips and templates.

### **Interview Resources**

#### [Big Interview](#) ↗

- An affordable, step-by-step job interview training software that offers the knowledge and preparation
- Interview Course - Learn how to ace your next interview
- Free Course - Learn how to stand out from other candidates
- Interview Simulator - AI mock interviews to boost confidence
- Video AI - Immediate feedback on video interviews

#### [Career One Stop](#) ↗

- Common interview questions
- Behavioral questions
- Questions for your interviewer
- Legal questions

### **Resume Resources**

- ↗ [Crafting the perfect resume template](#)
- ↗ [Resume Templates](#)
- ↗ [Crafting an Effective Resume: Template Tips and Examples](#)



## SECTION 7

# Job Search Strategies:

Job Search Strategies offers guidance on utilizing online job boards, networking effectively, and making the most of career fairs. Learn how to tailor your resume, set up job alerts, and build professional connections to advance your career in public health.

### **Online Job Boards**

- **Set up Alerts:** Most job boards allow you to set up alerts based on keywords or job titles. Use this feature to receive notifications about relevant job postings.
- **Tailor Your Resume:** Customize your resume for each application to highlight the skills and experiences that match the job description.
- **Check Regularly:** New postings can appear frequently, so make it a habit to check job boards regularly, ideally daily, to ensure you don't miss out on opportunities.

### **Networking**

- **Utilize LinkedIn:** LinkedIn is a vital tool for professional networking. Connect with colleagues, classmates, and industry professionals. Join relevant groups and participate in discussions.
- **Attend Public Health Events:** Conferences, seminars, and workshops are great places to meet people in your field. Be proactive in introducing yourself and building relationships.
- **Informational Interviews:** Contact professionals in your desired field for informational interviews. These conversations can provide valuable insights and job referrals.

### **Career Fairs**

- **Research Participating Companies:** research the companies present before attending a career fair. Prepare questions and tailor your approach based on their industry and offerings.
- **Practice Your Elevator Pitch:** Be ready to introduce yourself succinctly and highlight your skills and experiences. Prepare questions and tailor your approach based on their industry and offerings.
- **Bring Copies of Your Resume:** Have multiple copies of your resume to distribute to recruiters. Make sure it's updated and tailored to the types of roles you're seeking.
- **Follow-up:** After the career fair, follow up with recruiters or representatives from companies you're interested in. Send a thank-you email and express your continued interest in their organization.



## SECTION 8

# Resources and Support

Resources and Support provides a wealth of resources for public health career development, offering students valuable support as they advance in their field.

## Online Resources:

[Online Resources](#)<sup>9</sup> provides a curated list of essential websites, articles, and online communities that focus on public health and career advancement for minority students.

### Websites

- ▶ [Student Journey](#) - ASPPH
- ▶ [Advancing Public Health and Health Education](#) - CAAPHP
- ▶ [Office of Minority Health Resource Center](#)

### Articles

- ▶ [Preparing Students of Color for the Future Workforce](#) - The Center for American Progress
- ▶ [The Many Paths of Health and Exercise Sciences: From Personal Training to Public Health](#) - UNCF

<sup>9</sup> AmeriCorps. (2023). What is Public Health AmeriCorps? YouTube. Retrieved August 29, 2024, from <https://youtu.be/nkBJ4P-6wKA>.

## Student Organizations:

Student Organizations highlight key university student organizations that support minority students in public health, offering networking opportunities, professional development, and community engagement. This section is valuable for finding additional support, building connections, and accessing resources to help you succeed in your public health career.

### University of Illinois Chicago

#### [Minority Students for the Advancement of Public Health](#) ▶

- The purpose of MSAPH is to strengthen the underrepresented student graduate experience by providing opportunities to build supportive networks and social bonding within the UIC community.

### Tulane University

#### [The Society of Young Black Public Health Professionals](#) ▶

- A professional network for all members, alumni, faculty, and Tulane undergraduate students to foster a positive, enduring image of the Tulane community through local outreach projects, fundraising, attendance at national health conferences, volunteerism, and overall helping to serve better the community where we gain our education

### Boston University

#### [Students of Color for Public Health](#) ▶

- A student organization that exists to engage, support, and amplify the experiences of current BUSPH students of color and individuals and communities of color in the Boston area.

## Conclusion:

The digital career guide “Empowering Minority Public Health Students” serves as a comprehensive resource aimed at aiding Black, Latine, and Indigenous students navigate their career paths within the public health sector. The guide offers practical strategies and resources tailored to empower minority students. It begins with self-assessment tools and guidance for goal-setting, progresses to exploring various career paths within public health, and provides profiles of minority public health professionals to inspire and inform students. Also included are numerous resources, including scholarships, networking opportunities, and support organizations, aimed at facilitating the professional development and success of minority public health students. Overall, the guide aims to empower minority students to take control of their career development and contribute effectively to the field of public health, ultimately fostering a more diverse and inclusive public health workforce.





## Acknowledgments:

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With sincere gratitude,

Lilia Rangel, NHHF Intern

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