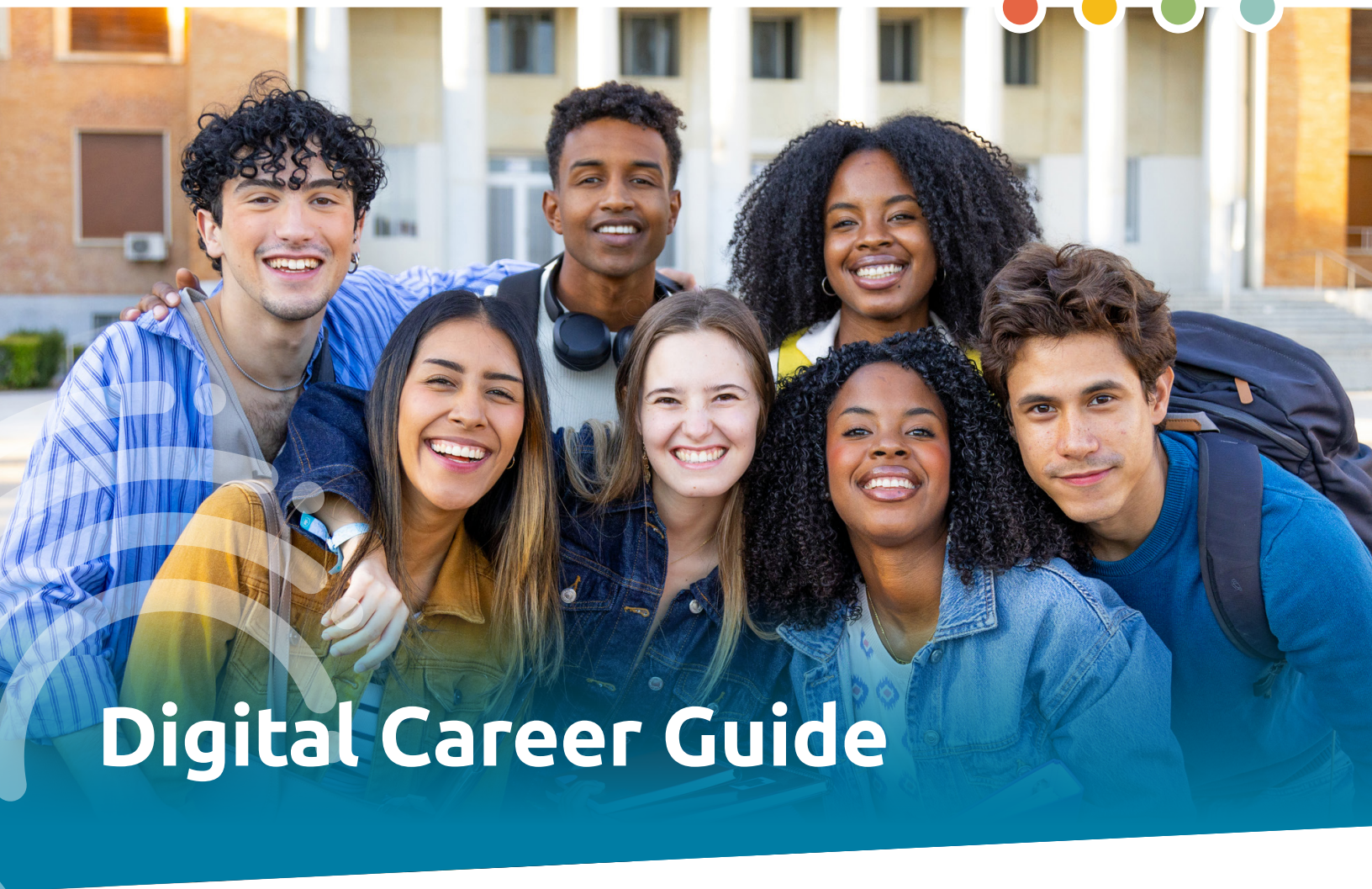




Digital Career Guide

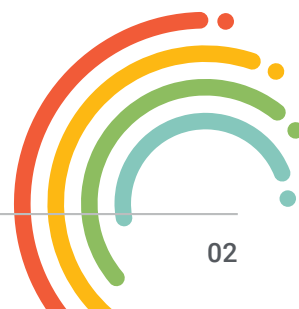
Empowering Public Health Students

Revised Edition
May 2026

The opinions, conclusions, or recommendations of this public health student digital guides 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.

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Introduction



The Digital Career Guide: Empowering Public Health Students is an essential resource that helps individuals from communities with limited access navigate their career paths effectively. It offers information, advice, and strategies to help under-resourced students make informed decisions about their public health interests and increase their awareness of the field. Ultimately, this enables students to take control of their career development and achieve their professional goals.

The public health workforce must be more representative of the population it serves. Practitioners with excluded identities are better equipped to serve clients from impoverished communities, lowering medical mistrust.¹ An adaptable public health workforce is necessary to address the far-reaching health effects. The overall number and proportion of graduates from under-resourced groups in public health schools have increased; however, their numbers remain low.²

Specific needs and challenges faced by 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 career guidance.
- Colleges nationwide are implementing more comprehensive career services programs to support students in achieving their career goals and interests.

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

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

Understanding Your Goals and Interests

Understanding Your Goals and Interests covers specific topics that lay the foundation for career exploration by helping under-resourced public health students identify their passions and set meaningful career goals.

Setting Career Goals:

Setting career Goals guides the development of clear, achievable short-term and long-term objectives. Learn to define SMART (Specific, Measurable, Achievable, Realistic, Trackable) goals that align with personal aspirations and societal impact, helping students navigate their careers effectively.

- Offer advice on setting both short-term and long-term career targets that reflect personal goals and social contributions.
- Define goals that are specific, measurable, realistic, and trackable.
- Establish SMART, meaningful, achievable, realistic, and trackable objectives.

This digital career guide addresses specific needs and challenges, offering tools and guidance for self-assessment and goal setting. It aims to empower public health students to navigate their career paths effectively and make practical contributions to the field.



Exploring Career Paths in Public Health

People Behind Public Health 2 provides a comprehensive overview of various specializations within the field, including profiles of professionals, which helps students understand the adaptable career options available.

Public Health Specializations:

Public health specializations explore various fields, including Biostatistics, Community Health, Environmental Health, Epidemiology, and Global Health, emphasizing their scopes, impacts, and career opportunities.

Biostatistics³

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.

Environmental Health⁵

Specialty Scope:

Human health and environmental health as they affect the population's well-being.

Impact:

Understand toxicology, disease prevention, zoonotic diseases, occupational hazards, and air and water quality management. Understand how societies, occupations, and geography impact population health.

Career Opportunities:

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

Population Health⁴

Specialty Scope:

Public health addresses the needs of all citizens within a population, not just one individual group, and offers a broad outlook on awareness, education, and research.

Impact:

Perform assessments and develop, implement, and evaluate health programs. Understand how adequate health education can lead to better preventive habits.

Career Opportunities:

Include Multipurpose centers, health and wellness clinics, state and local government agencies, and health departments.

Epidemiology⁶

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.

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

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

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

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

Global Health

Specialty Scope:

Ecology, the global economy, and cultural differences 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 increase wellness programs.

Career Opportunities:

Government agencies, research facilities, and non-profit organizations.

Health justice

Specialty Scope:

Addressing the discrepancies in healthcare access, treatment, and outcomes across geographic residence,

Impact:

Understanding health discrepancies or disproportioned health and social determinants, as well as the ability to identify opportunities and design, implement, evaluate, and monitor interventions and policies to advance health justice or delete.

Career Opportunities:

County and state health departments, non-profit organizations.



Profiles of Public Health Professionals:

Profiles of Public Health Professionals⁷ features detailed biographies and interviews with influential figures, such as Georges Benjamin and Phil Wilson. Gain insights from their experiences and learn about the adaptable paths available within public health.

Georges Benjamin, MD

Executive Director of the American Public Health Association (APHA)

Phil Wilson

Founder and former President of the Black AIDS Institute

Jessica Zamora, MPH

Senior Manager with the National Coalition of STD Directors

Jeannie Concha

Assistant professor in public health at The University of Texas

Wyatt Pickner, MPH

MPH, Research Manager, American Indian Cancer Foundation

Donald Warne, MD, MPH

Co-Director of the Johns Hopkins Center for Indigenous Health

⁷ Our Media. (2023). ASTHO - Puerto Rico. Vimeo. Retrieved August 29, 2024, from <https://vimeo.com/873447756>.

Building Essential Skills

Building Essential Skills emphasizes developing the key competencies needed for success in public health careers, making sure students are ready for their professional journey.

Skills for Success:

Skills for Success covers essential skills such as communication, teamwork, analytical assessment, program planning, social competency, leadership, and problem-solving. Using practical examples and resources, learn how to improve these abilities

Communication

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

Teamwork

Teamwork entails collaborating to achieve 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 complex problems into smaller components, identify patterns and trends, and draw logical conclusions from 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.

Social Competency/cultural fluency

The ability of individuals and organizations to effectively interact, communicate, and collaborate with people from diverse backgrounds/societal contexts. This skill involves recognizing and valuing variety by understanding and respecting different societal 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.

Professional Development Resources:

Professional Development Resources⁸ offers targeted resources for each skill area, including courses, toolkits, and tutorials to help you refine your expertise and advance your career.

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 develop effective listening and communication skills while understanding their own communication style. This Toastmasters-created content is designed to support existing youth programs and groups in helping teenagers develop their communication skills.

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 Communication Skills is an essential course designed to give you the tools needed to enhance your communication skills and the most successful strategies for using them to your advantage.

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 helps you understand and comprehend verbal information. This skill will also help you convey your ideas and knowledge more effectively. In this tutorial, you will learn about effective active listening techniques. You will understand how the communication process actively involves both a sender and a receiver.

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

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

Analytical/Assessment

Four ways to improve your analytical skill: *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 data analysis process that ensures you're focusing on the most critical information, involving the right people, and conveying your message in terms your audience will understand.

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

Program Planning

Project Management Skills to Master: *Mastering project management skills is essential for successfully* completing a project from start to finish. These skills ensure that 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.

Social Competency

Social 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 social differences and adapt their behavior accordingly.

Altruistic, supportive, and dependable.

This program is suitable for anyone dedicated to moving beyond mere compliance and fostering a genuine, aware, and supportive work culture. It begins by examining employee engagement, then identifies interventions related to subjective opinions and adaptable strategies.

Leadership

High-Performance Collaboration: Leadership, Teamwork, and Negotiation

Learn the essential skills to develop and expand your leadership repertoire, design collaborative teams, and craft effective win-win negotiation strategies. High Performance Collaboration: Leadership, Teamwork, and Negotiation focuses on these key topics. Students will use self-assessments to analyze their leadership styles, 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 made up of eight sessions, each lasting one to two hours, that enable individuals between the ages of 14 and 18 to develop their communication and leadership skills through practical experience.

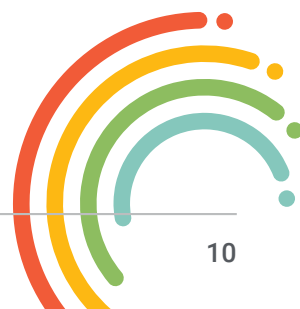
Problem-Solving

Effective Problem-Solving and Decision-Making .

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

Problem-Solving Resource

Problems can occur at any time, and quick solutions are often necessary. Various tools can help you identify the source of a problem, brainstorm solutions, and select the best option.



Navigating Educational Pathways

Navigating Educational Pathways helps students choose and succeed in public health programs by providing tips on finding the right educational opportunities.

Choosing the Right Program:

Choosing the Right Program offers guidance on evaluating undergraduate and graduate programs based on accreditation, adaptability and fit, curriculum relevance, faculty, research opportunities, and support services.

Scholarships and Financial Aid:

Scholarships and Financial Aid lists scholarships and financial aid options for Latino and 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
-

Accreditation

Look for programs accredited by the Council on Education for Public Health (CEPH). Accredited programs ensure quality education and may improve job prospects. Research the institution's commitment to a supportive environment. Consider programs that actively support under-resourced students through mentorship, networking opportunities, and intercultural empathy or social training. Evaluate the curriculum to ensure it encompasses a wide range of public health topics relevant to high-need populations. Look for courses or concentrations that focus on the social determinants of health. Consider the faculty's varied backgrounds within the program. Having a varied faculty can provide different perspectives and support for under-resourced students.

Research Opportunities

Explore research opportunities within the program, especially those focused on under-resourced health issues. Gaining research experience can strengthen your skills and improve your resume or CV.

Networking and Support

Look for programs that offer networking opportunities and support services designed explicitly for under-resourced students. This may include student organizations, affinity groups, and career development workshops.

Financial Aid and Scholarships

Investigate financial aid options, including scholarships specifically for under-resourced students. Many organizations and institutions offer scholarships to support students interested in pursuing a career in public health.

Alumni Success

Research the success of program alumni, especially those from different or high-need backgrounds. Alumni who have made significant contributions to under-resourced public health may indicate the program's effectiveness in supporting under-resourced students.

- Albert W. Dent Graduate Student Scholarship
 - Mae and Mary Scholarship Fund
 - Health Scholars Program Scholarship Fund
 - Maestro Cares Scholarship
 - Heritage Youth Award
 - National Health Professional Student Scholarship
 - The Health Professional Student Scholarship
 - Health Scholars Program
 - 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 highlights the importance of internships, fellowships, and networking for career growth 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. They should be detail-oriented and capable of managing multiple projects and deadlines. The applicant should be familiar with or interested in working with under-resourced populations and medical settings. p professionals.

California Leadership Fellowship Program

- An executive training program designed to advance the careers of under-resourced physicians seeking roles with the U.S. Department of Health and Human Services, State and City Health Commissioners, academic leaders in medical schools, and chief medical officers in federal clinics and private practices.



NHMA

Leadership Fellowship Program

- The goal of the NHMA Leadership Fellowship is to help develop leadership potential among physician members of the National Hispanic Medical Association. This will boost the number of skilled physicians who may qualify for entry into the pool of applicants for policy-making and executive roles within state and federal government, as well as the private sector at decision-making levels.



CDC

Association of State Public Health Nutritionists (ASPHN) Health Internship

- ASPHN's Health Justice/or Delete Fellowship Program is designed for students in a public health program within federally designated under-resourced institutions. The program provides students with a unique opportunity to apply their academic and problem-solving skills to real-world 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 variety of students to consider public health as a career to ensure a future where the American public benefits from a more assorted/distinct and better-trained public health workforce. During the internship, a core area of study and practice focuses on the health needs of U.S. under-resourced individuals and other populations that are often disadvantaged in the field.

Lewis Scholars' Imhotep Project

- An 11-week summer internship program designed to increase the knowledge and skills of under-resourced 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), Historical/Under-resourced 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 distinct serving Institution.

Public Health AmeriCorps

- AmeriCorps and the Centers for Disease Control and Prevention have partnered through Public Health AmeriCorps to promote the development of future public health leaders prepared to address the nation's health challenges. Public Health AmeriCorps seeks to meet the public health needs of local communities by providing support in state and local health settings, while aiming for equitable health outcomes for underserved populations and creating pathways to quality careers in public health through hands-on experience and training.

Additional Resources:

- | | |
|----------------------------|---|
| ● Public Health AmeriCorps | ● CDC and Health Opportunities |
| ● HACU Internship | ● Public Health Scholarships |
| ● CHCI Fellowship | ● Harvard External Scholarship Database |
| ● CBCF Fellowship | |
-



Networking and Mentorship:

Networking and Mentorship offer 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, 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.

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.

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 seek their guidance and mentorship. A mentor can offer valuable advice, share their experiences, and help you navigate your career path. 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.

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.

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 under-resourced public health students may face, providing strategies for resilience, self-care, and overcoming obstacles to success.

Addressing Disinvested Specific Challenges or Challenges with Resources:

Addressing specific challenges for under-resourced populations highlights critical issues such as representation, bigotry, and imposter syndrome, offering insights into how these challenges affect students and ways to confront them effectively.

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.

Representation

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

Bigotry/unfairness

Against underserved college students remains a pressing issue, affecting educational experiences and overall well-being, and manifesting in various forms. Examples include admission inconsistencies/discrepancies, microaggressions, and unequal treatment in academic and social settings. There is also a psychological toll from constantly facing bigotry and unequal treatment, which can lead to increased stress, anxiety, and feelings of isolation.

Imposter Syndrome

Impostor syndrome weighs heavily on 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 feel accepted. How Students of Color Confront Imposter Syndrome - Dena Simmons

Set Sustainable Goals:

Begin by setting realistic and achievable goals. Recognize your limitations and your other needs beyond work.

Prioritize Self-Care:

Self-care should be seen as an essential part of your journey, not an extra step. Make time for meaningful conversations, take walks in nature, and get enough quality sleep.

Create Healthy Boundaries:

Establish clear boundaries between work and personal time. Establish clear boundaries between work tasks and define boundaries for when you'll handle work tasks and when you'll focus on your personal life.

Practice Effective Time Management and Prioritization:

Manage your time efficiently by prioritizing tasks effectively.

Break your work into manageable parts, and take regular breaks to stay focused and productive without feeling overwhelmed.

Build Your Support Network:

Connect with friends, family, or colleagues who understand your goals and support your well-being. Having a network to lean on during challenging times is crucial.

Pay Attention to Your Emotions:

Acknowledge your feelings and emotions. If stress or burnout begins to creep in, seek professional help.

Additional Resources: *NIH - Emotional Wellness Toolkit*

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 CareerOneStop 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

Job Search Strategies:

Job Search Strategies guides leveraging online job boards, effective networking, and maximizing the benefits 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 create alerts based on keywords or job titles. Use this feature to get 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 often, so make it a habit to check job boards regularly, ideally daily, to ensure you don't miss out on opportunities.

Networking

- **Use LinkedIn:** LinkedIn is a crucial 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 opportunities to meet people in your field. Be proactive in introducing yourself and building relationships.
- **Informational Interviews:** Reach out to 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 to their industry and offerings.
- **Practice Your Elevator Pitch:** Be prepared to introduce yourself concisely and highlight your skills and experience. Tailor your questions and approach to each company's industry and needs.
- **Bring Copies of Your Resume:** Bring multiple copies of your resume to hand out to recruiters. Ensure it's updated and customized 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.

Navigating the Post-Interview Process:

After an interview, it is important to understand what comes next in the hiring process. Many students may not realize that it is acceptable and encouraged to ask questions about timelines, next steps, and communication expectations. Understanding the process can reduce stress, improve professionalism, and help students stay organized during their job search. This section complements the guide's existing focus on interview preparation and job search strategies.

Questions to Ask Before the Interview Ends

Before concluding the interview, consider asking one or two professional questions about the hiring process, such as:

- "What are the next steps in the hiring process?"
- "What is the anticipated timeline for making a decision?"
- "When should I expect to hear back regarding next steps?"
- "Is there anything else I can provide to support my application?"
- "Will there be additional interviews or assessments?"

These questions demonstrate interest, professionalism, and strong communication skills.

After the Interview

1. Send a Thank-You Email

Within 24 hours of the interview:

- Thank the interviewer for their time
- Reaffirm your interest in the position
- Mention one specific topic discussed during the interview
- Keep the message professional and concise

2. Stay Organized

Keep track of:

- Interview dates
- Contact names and emails
- Application deadlines
- Follow-up dates and timelines

Using a spreadsheet or notes app can help manage multiple applications.

3. Following Up Professionally

If you do not hear back by the timeline provided:

- Send a polite follow-up email
- Express continued interest in the role
- Ask if there are any updates regarding the position

Example:

"I hope you are doing well. I wanted to follow up regarding the [Position Title] interview and inquire whether there are any updates on the hiring timeline. Thank you again for your time and consideration."

4. Managing Rejection and Delays

Not receiving an offer does not reflect your value or potential. Many factors, including budget, timing, and organizational needs influence hiring decisions. Every interview is an opportunity to build confidence, strengthen communication skills, and expand your professional network.

Tips for Success

- Continue applying to other opportunities while waiting for responses
- Practice patience and professionalism
- Reflect on interview questions and areas for growth
- Stay connected with professionals you meet throughout the process

SECTION 8

Resources and Support

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

Online Resources:

Online Resources provides a curated list of essential websites, articles, and online communities focused on public health and career advancement for under-resourced students.

Websites

- Student Journey - *ASPPH*
- Advancing Public Health and Health Education - *CAAPHP*
- Office of 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*

Student Organizations:

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

Student Organizations highlight key university student organizations that support under-resourced students in public health, offering networking opportunities, professional development, and 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

Under-Resourced Students for the Advancement of Public Health

- The purpose of MSAPH is to enhance the graduate experience of under-resourced and disinvested students by providing opportunities to build supportive networks and social bonds within UIC groups and populations.

Tulane University

The Society of Young Public Health Professionals

- A professional network for all members, alumni, faculty, and Tulane undergraduate students to foster a positive, enduring image of the Tulane groups/populations through local outreach projects, fundraising, attendance at national health conferences, volunteerism, and overall helping to serve the population better, 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 Public Health Students” serves as a comprehensive resource to help under-resourced students navigate their career paths in the public health sector.

The guide offers practical strategies and resources tailored to empower under-resourced students. It begins with self-assessment tools and goal-setting guidance, progresses to exploring various career paths in public health, and provides profiles of under-resourced public health professionals to inspire and inform students. Also included are numerous resources, including scholarships, networking opportunities, and support organizations, designed to facilitate the professional development and success of under-resourced public health students.

Overall, the guide aims to empower students to take control of their career development and contribute effectively to public health, ultimately fostering a more positive workforce.



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With sincere gratitude,

Lilia Rangel, NHHF Intern

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Disclaimer:

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