



# HEALTH CAREER RESOURCE GUIDE

# HOW TO USE THIS GUIDE

Healthcare is an essential part of life and a field of work with many different career options.

This guide will help you identify health careers of interest and learn how you can prepare for them while in high school.

You can learn more about these careers from the Bureau of Labor Statistics at [www.bls.gov](http://www.bls.gov).

If you'd like to view this guide online and share with others, visit [en-ahec.org/pipeline!](http://en-ahec.org/pipeline!)

Click the links to view external resources and/or jump to a selected page.



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# BENEFITS OF A HEALTH CAREER



## Choices

You have a lot of options in the healthcare field - check out all of the different careers in this guide!

## Stability and Demand

Healthcare is an essential community need, meaning there will always be opportunities for work.

## Make an Impact

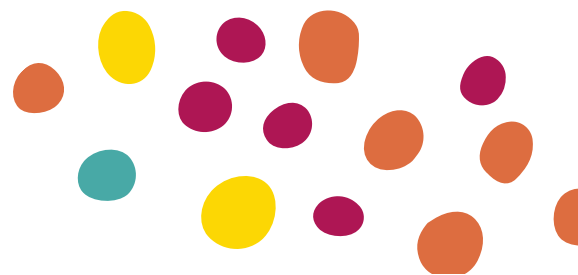
You would be making a difference in the lives of your patients, families, and the community every day!

## Travel Options

There are positions that would allow you to travel around the country or world. You can find a job anywhere.

## Helping Your Community

You can aid your community by improving people's health, allowing them to pursue their goals, and live better, healthier lives!



# HOW TO PREPARE IN HIGH SCHOOL



## Keep Your Grades Up

Important for earning scholarships and getting into a good program for your future career.

## Develop Your Career Skill Set

- Time management
- Organization
- Self-advocacy
- And other soft skills!

## Classes to Take

- Biology, chemistry, physics, calculus, statistics, etc. The more science and math preparation, the better!
- Consider taking STEM (science, tech, engineering, math) electives as well.

## Adopt Healthy Habits

- Develop a regular sleep schedule.
- Learn mindfulness and de-stressing tools that work for you.
- Identify who is in your support network to help get you through tough times.

# ENHANCE YOUR RESUME BY GETTING INVOLVED

## **Volunteer**

Connect with your community, gain experience, and learn skills that will help in your future career!

Consider volunteering with age groups or in fields you might be interested in.

## **Shadow a Health Professional**

Get a glimpse into what a healthcare professional does and figure out if it is a career you want to pursue. Try asking for an informational interview to learn more!

## **Participate in Extracurricular Activities**

Great for building a resume and demonstrating that you're a well-rounded candidate. Get involved with something you really care about!

## **Join Educational Activities or Programs**

Get involved with the community and your fellow peers.



# ALLIED HEALTH

**Allied Health Workers** include a broad group of health professionals who are essential to healthcare. They deliver services involving the identification, evaluation, and prevention of diseases and disorders, as well as rehabilitation, and health systems management services.

## Types of Allied Health Workers:

- Community Health Worker
  - Works with community members to improve their health by addressing barriers that prevent them from getting the care they need.
- Healthcare Documentation Specialist
  - Responsible for transcribing notes, distributing, collecting, storing, and maintaining documentation.
- Health Information Manager
  - Organizes, oversees, and protects patient health information.
- Home Care Aid
  - Aids patients to live independently at home by assisting in daily activities.
- Medical Assistant
  - Supports physicians, nurses, and other health professionals, usually in a clinic setting.
- Medical Coder
  - A medical translator that examines a file and changes it to universal codes for insurance companies.

## Pathway to becoming an Allied Health Professional:

1. Get a high school diploma or a certificate if required.
2. Optional - Continue education to earn more responsibility and money.

# ATHLETIC TRAINER

**Athletic Trainers** specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses in athletes. They collaborate with physicians to provide preventative, emergency, clinical, therapeutic, and rehabilitative care.

Athletic Trainers can work in schools, hospitals, fitness centers, physicians' offices, with sports teams, and more.

## Pathway to becoming an Athletic Trainer:

1. Get a Bachelor's degree in athletic training (4 years).
2. Pass Board of Certification (BOC) Exam.
3. Get certified in your state.
4. Optional - Get a master's degree (2 years).



***For further information, visit the National Athletic Trainer's Association at [NATA.org](http://NATA.org).***



# BIOLOGICAL TECHNICIAN

**Biological Technicians** help biological and medical scientists conduct laboratory tests and experiments.

## Types of Technologists & Technicians:

- Cytotechnologist
  - Examines human cells and detects abnormalities.
- Clinical Lab Scientist
  - Collects samples of bodily fluids and tissues and performs testing.
- Dental Lab Technician
  - Constructs, fits, and repairs dental devices.
- Phlebotomist
  - Draws blood for tests, transfusions, and donations.
- Surgical Technician
  - Prepares the operating room for surgery. Prepares and transports patients.
- MRI Technologist
  - Operates MRI machines.

## Pathway to becoming a Biological Technician:

1. Complete an Associate's degree or a Bachelor's degree in medical technology (2-4 years).
2. Earn extra certificates to cover a specific field in medical technology.



# CHIROPRACTOR

**Chiropractors** specialize in treatment and diagnosis of neuromuscular disorders. Chiropractors use special instruments and their hands to manipulate and adjust joints in the body and spine. The goal of chiropractic care is to reduce pain and improve the overall function of the body.

## Pathway to becoming a Chiropractor:

1. Complete Bachelor's degree in human biology or exercise science.
2. Earn a Doctor of Chiropractic (D.C.) degree from a chiropractic college.
3. Pass the National Board of Chiropractic Examiners (NCBE) exam.
4. Obtain state license.



*For further information, visit the American Chiropractic Association at [acatoday.org](http://acatoday.org).*

# DENTIST



**Dentists** diagnose and treat patients' teeth, gums, and related parts of the mouth. Dentists typically work in private practice. There are many types of dentists and specialists.

## Pathway to becoming a General Dentist:

1. Complete Bachelor's degree in a relevant area like biology, health science, or psychology (4 years).
2. Complete dental school, earning either a DDS (Doctorate of Dental Surgery) or DMD (Doctor of Medicine in Dentistry) (4 years).
3. Optional - Complete residency to specialize (2-3 years).

## Types of Dentists:

- General Dentist
  - Completes regular teeth cleanings and routine dental exams.
- Endodontist
  - Specialized in issues involving the nerve of a tooth.
- Oral Surgeon
  - Specialized in the treatment of oral diseases of teeth and jaw. Trained to perform surgery and works closely with Ear, Nose, & Throat doctors (ENTs).
- Orthodontist
  - Specialized in teeth and jaw alignment using braces, retainers and other devices.
- Pediatric Dentist
  - Specialized in treatments for children and youth.
- Periodontist
  - Specialized to treat diseases and problems of the gums.
- Prosthodontist
  - Specialized in repairing teeth and jaw bones.

***For further information, visit the American Dental Association at [ada.org](http://ada.org) or the National Dental Association at [ndaonline.org](http://ndaonline.org).***

# GENETIC COUNSELOR

**Genetic Counselors** assess individual or family risk for a variety of inherited conditions like genetic disorders and birth defects. They provide information and support to other healthcare providers, or to individuals and families concerned with the risk of inherited conditions. Genetic Counselors work in private and public hospitals, diagnostic laboratories, medical centers, and physicians' offices.

## Pathway to becoming a Genetic Counselor:

1. Complete Bachelor's degree in a relevant area like biology, biochemistry, psychology, or statistics (4 years).
2. Complete Master's degree in Genetic Counseling.
3. Obtain certification from the American Board of Genetic Counseling.



***For further information, visit the National Society of Genetic Counselors at [nsgc.org](https://www.nsgc.org).***

# NURSING

**Nurses** provide and coordinate patient care and educate patients and the public about various health conditions. Nurses can work in hospitals, physicians' offices, in patient homes, nursing care facilities, and more!

## Pathway to becoming a Registered Nurse:

1. Complete Associate degree in Nursing to become a Registered Nurse (RN) (2 years).
2. Pass National Council Licensure Examination (NCLEX).
3. Optional - Complete Bachelor's degree (BSN) and then Master's for Nurse Practitioner.

## Types of Nurses (in order of certification):

- Certified Nursing Assistant (CNA)
  - Provide basic care and help patients with activities of daily living.
  - Attend training program with at least 120 hours of instruction.
- Licensed Practical Nurse (LPN)
  - Provides basic care under the supervision of an RN.
  - 12-18 month-long nursing program.
- Registered Nurse (RN)
  - Most common type of nurse. They administer medication, draw blood, insert IV drips, and operate medical equipment.
  - Associate's Degree (2 years).
- Bachelor of Science in Nursing (BSN)
  - Furthers education as an RN and works to develop leadership skills.
  - Bachelor's Degree (4 years).
- Nurse Practitioner (NP)
  - Advanced nurse, sometimes able to work independently.
  - Master's Degree (2-4 years).



***For further information, visit the American Nurses Association at [nursingworld.org](https://www.nursingworld.org).***



# OCCUPATIONAL THERAPY

**Occupational Therapists (OT)** treat injured, ill, or disabled patients, helping them to develop, recover, improve, and maintain the skills needed for daily living and working. OTs teach new ways to perform daily tasks, demonstrate how to use assistive technology, educate caregivers on how to help, create daily routines that promote independence, show strengthening and stretching exercises, and more! OTs can work in hospitals, clinics, private offices, schools, nursing facilities, and home healthcare services.

## Pathway to becoming an Occupational Therapist:

1. Complete Bachelor's degree in relevant areas like biology, health science, or psychology (4 years).
2. Earn a graduate degree--either Master of Occupational Therapy (2 years) or Doctor of Occupational Therapy (3 years).
3. Pass National Board of Certification of Occupational Therapy (NBCOT) to become certified.



***For further information, visit the American Occupational Therapy Association at [aota.org](http://aota.org).***

# PARAMEDIC AND EMT

Both **Emergency Medical Technicians (EMTs)** and **Paramedics** work within emergency medical service teams. EMTs handle most of the basic health procedures like performing CPR and using oxygen on a patient, while paramedics perform more complex procedures like inserting IV lines, administering drugs, and more.

EMTs and Paramedics work in ambulance services, fire departments, hospitals, or other rescue services.

## Pathway to becoming an EMT:

1. Obtain high school diploma or GED.
2. Obtain cardiopulmonary resuscitation (CPR) certification.
3. Complete an EMT training program (about 150-200 hours).
4. Pass the National Registry of Emergency Medical Technicians (NREMT) exam.

## Pathway to becoming a Paramedic:

1. Complete an Associates degree (2 years).
2. Complete 1,200 to 1,800 hours of training for certification.
3. Pass the National Registry of Emergency Medical Technicians (NREMT) exam and the NREMT Cognitive Exam.



***For further information, visit the American Ambulance Association at [ambulance.org](http://ambulance.org).***

# PHARMACIST

**Pharmacists** specialize in storing, preserving, and providing medication. They dispense medications and offer expertise in the safe use of prescriptions. Pharmacists work in pharmacies (including ones in drug and grocery stores), hospitals, and other healthcare facilities.

## Pathway to becoming a Pharmacist:

1. Complete Bachelor's degree in pre-pharmacy or similar scientific field (4 years).
2. Earn a Doctor of Pharmacy degree/PharmD (3-4 years).
3. Optional - Complete residency program (1 year).
4. Pass the North American Pharmacist Licensure Exam (NAPLEX) and the Multistate Pharmacy Jurisprudence Exam (MPJE).



***For further information, visit the American Pharmacists Association at [pharmacist.com](http://pharmacist.com).***



# PHYSICIAN ASSISTANT

**Physician Assistants (PA)** work on teams with physicians or surgeons and other healthcare workers. They work in all areas of medicine, including primary care and family medicine, emergency medicine, surgery, and psychiatry.

PAs can work in offices of physicians, hospitals, outpatient care centers, and educational or employment settings.

## Pathway to becoming a Physician Assistant:

1. Complete Bachelor's degree in health care or a pre-PA undergraduate program (4 years).
2. Acquire healthcare and patient care experience (HCE/PCE) during your time in undergrad.
3. Attend an accredited graduate PA program (3 years).
4. Pass the Physician Assistant National Certifying Exam (PANCE).
5. Obtain State License and Certification.



***For further information, visit the American Academy of Physician Assistants at [aapa.org](http://aapa.org).***

# PHYSICAL THERAPY

**Physical Therapists (PT)** help injured or ill people improve movement and manage pain. They provide preventative care, rehabilitation, and treatment for patients with chronic conditions, illnesses, or injuries. They work with techniques that include exercises and stretching. PTs can work in private offices, clinics, hospitals, patient homes, and nursing homes. PTs spend a lot of time on their feet, actively working with patients.

## Pathway to becoming a Physical Therapist:

1. Complete Bachelor's degree in a health science, exercise, or sports field (4 years).
2. Complete a Doctor of Physical Therapy (DPT) program (3 years).
3. Pass the National Physical Therapy Examination (NPTE).
4. Obtain license to practice in your state.
5. Optional - Complete a residency program (1500 hours).
6. Optional - Earn board certification.



***For further information, visit the American Physical Therapy Association at [apta.org](http://apta.org).***

# PHYSICIAN

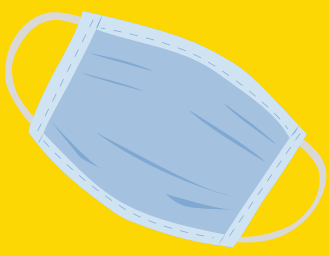
**Physicians** are responsible for diagnosing, treating, and educating patients. Duties include performing diagnostic tests, recommending specialists, documenting medical history, and prescribing treatments. There are many areas of specialization (detailed on the next few pages) which address specific health concerns.

## Pathway to becoming a Physician:

1. Complete undergraduate education which includes pre-med courses (4 years).
2. Pass the Medical College Admission Test (MCAT), the exam needed to get into medical school.
3. Apply to medical school.
4. Complete medical school training (4 years).
5. Pass first two parts of the United States Medical Licensing Examination (USMLE).
6. Match with residency.
7. Complete residency (amount of time varies per specialization).
8. Pass final part of the USMLE.
9. Earn board certifications.
10. Get a physicians license.
11. Optional - Complete fellowship to specialize in a specific disease or disorder (1-3 years).



***For further information, visit the American Medical Association at [ama-assn.org](http://ama-assn.org).***



# PHYSICIAN SPECIALTIES

(listed in alphabetical order)

## Allergist and Immunologist

- Focuses on immune system disorders such as asthma, eczema, food allergies, some autoimmune diseases, and more.
- Must have a prior certification in Internal Medicine or Pediatrics and then 2 years in Allergy and Immunology.

## Anesthesiologist

- Focuses on giving drugs to numb pain or to put a patient to sleep during surgery, childbirth, and other procedures. Monitors patients' vital signs while under anesthesia to make sure everything is going well.
- Additional 1-2 years in a fellowship program needed.

## Cardiologist

- Experts on the heart and blood vessels.
- Must go through 3 additional years of internal medicine training, then 3 years of specialized training.

## Clinical Geneticist

- Specializes in medicine that involves the interaction between genes and health.
- Must complete 1-year residency in primary care followed by 2-year residency in medical genetics and genomics.

## Dermatologist

- Diagnoses and treats disorders of the skin, hair, nails, and mucous membrane. Services include but are not limited to acne, infections, skin cancer, genetic disorders, hair loss, and scars.
- Must complete a 1-2 year fellowship.

## Emergency Medicine

- Specializes in emergency medicine and focuses on the immediate decision-making and action necessary to prevent death or further disability.
- After residency, you must earn an Emergency Medicine Certification.

# PHYSICIAN SPECIALTIES (CONTINUED)

## **Endocrinologist**

- Specializes in diagnosing and treating conditions related to problems with the body's hormones, hormonal glands, and related tissue.
- After residency, must complete a 2–3-year fellowship.

## **Family Medicine**

- Primary Care Provider trained to meet the healthcare needs for children and adult patients.
- Complete a 3-year residency.

## **Gastroenterologist**

- Treats digestive system conditions and diseases.
- After residency, must complete 3-year fellowship.

## **Internal Medicine**

- Specializes in prevention, diagnosis, and treatment of internal diseases.
- After residency, must complete 1-3 year fellowship.

## **Neurologist**

- Experts in diagnosing, treating, and managing disorders of the brain and nervous system.
- Must complete 2-year fellowship after residency.

## **Nuclear Medicine**

- Specializes in treatments that use radioactive materials to determine how the patient's organ functions.
- 2-year residency in nuclear medicine needed.

## **Obstetrics and Gynecology (OB/GYN)**

- Gynecology specializes in women's bodies and their reproductive health. Obstetrics specializes in pregnancy and childbirth.
- After 4 years of specialized residency, complete a 3-year fellowship.

# PHYSICIAN SPECIALTIES (CONTINUED)

## **Oncologist**

- Specializes in treatment of cancer and medical care for those diagnosed with cancer. There are many specialized fields of Oncology.
- After residency, must complete fellowship. Length depends on specialty.

## **Ophthalmologist**

- Experts in diagnosing and treating injuries, infections, diseases and disorders of the eye.
- Must complete a 3-year specialized residency program.

## **Orthopedic Surgeon**

- Focuses on diagnosing and treating conditions of the musculoskeletal system (bones, joints, ligaments, tendons, and muscles).
- After 5 years of residency (2 years general surgery and 3 specialized), complete 2-year fellowship.

## **Pathologist**

- Specializes in studying fluids, tissues, and organs from the body. Performs tests to help reach diagnoses.
- 3-year specialized residency program and optional 1–2 year fellowship to specialize further.

## **Pediatrician**

- Treats infants, children, adolescents, and young adults typically from birth to 21 years old.
- 3 year specialized residency program.

## **Physical Medicine and Rehabilitation**

- Experts in the diagnosis and treatment of patients that have medical conditions that could impair a patient's ability to function normally.
- 4-year specialized residency program and optional fellowship to specialize further in specific conditions.

# PHYSICIAN SPECIALTIES (CONTINUED)

## **Preventative Medicine**

- Specializes in public health and clinical care. Expert in prevention of injury, disease, and death.
- 4-year specialized residency and optional 1–3 year fellowship program.

## **Primary Care Provider**

- Also known as a PCP, they provide day-to-day healthcare, primarily for adults. Usually the first person a patient will seek care from.
- Complete a 3-year residency.

## **Psychiatrist**

- Specializes in mental health. Is able to conduct psychotherapy and prescribe medications and other medical treatments.
- 4-year residency program and optional 1-3-year fellowship to specialize.

## **Surgeon**

- Experts in evaluating and treating conditions that may require surgery or physically changing the human body.
- 4-year surgical residency with additional 1–3 year fellowship to specialize further.

## **Urologist**

- Focuses on the genitourinary tract (kidneys, urinary bladder, adrenal glands, urethra, and male reproductive organs).
- 4–6-year residency program (1-2 years of surgical experience and 3-4 years of urology training) and can further specialize with a fellowship.

***For further information, or to learn about additional specialties, visit***

***[careersinmedicine.aamc.org/explore-options](https://careersinmedicine.aamc.org/explore-options)***

# PUBLIC HEALTH & EPIDEMIOLOGY

**Public Health Professionals** focus on preventing disease and injury by promoting healthy lifestyles. By implementing educational programs, developing policies, administering services, conducting research, and regulating health systems to achieve these goals. Public Health Professionals can work in health departments, hospitals, health clinics, schools, laboratories, and community organizations.

**Epidemiologists** are public health workers who investigate patterns and causes of disease and injury.

## Pathway to becoming an Epidemiologist in Public Health:

1. Complete Bachelor's degree in public health or a related concentration (4 years).
2. Complete Master's degree in public health (2 years).
3. Optional - Gain doctorate degree in public health.



*For further information, visit the American Public Health Association at [apha.org](http://apha.org)*

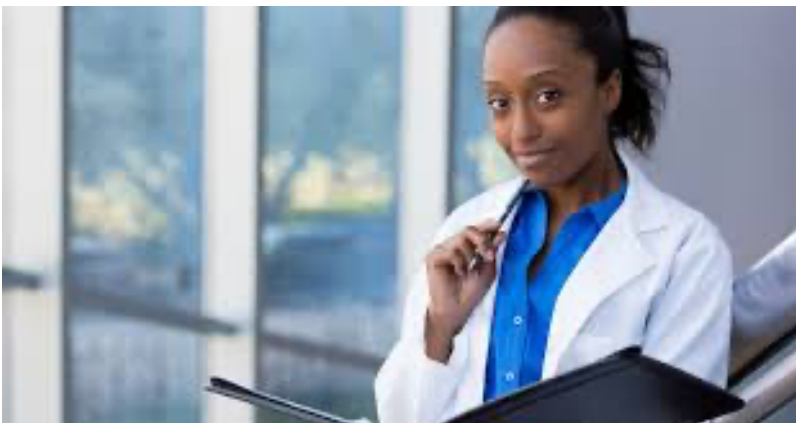


# REGISTERED DIETITIAN

**Registered Dietitians (RD)** are experts in food and diet, helping people to maintain good health and prevent or treat health conditions through proper nutrition. RDs work in hospitals, nursing homes, clinics, cafeterias, government, and more.

## Pathway to becoming a Registered Dietitian:

1. Obtain a Bachelor's degree from accredited Nutrition and Dietetics program (4 years).
2. Complete 1,200 hours in a supervised internship during undergraduate studies.
3. Complete Master's degree in Nutrition and Dietetics (2 years).
4. Get verified by the Didactic Program in Dietetics (DPD).
5. Obtain Commission on Dietetic Registration (CDR) certification.



***For further information, visit the Academy of Nutrition and Dietetics at [eatright.org](http://eatright.org).***

# RESPIRATORY THERAPIST

**Respiratory Therapists** (RT) are growing in the healthcare field. This profession assists patients with lung and breathing disorders and recommends treatment approaches. They analyze breath sounds, measure vital signs, and draw arterial blood to determine levels of oxygen and other gases. RTs work in hospitals, patient homes, doctor's offices, and other specialized programs.

## **Pathway to becoming a Respiratory Therapist:**

1. Complete Associates' degree in respiratory therapy (2 years).
2. Optional - Complete Bachelor's degree in concentrations like cardiovascular or pulmonary disorders (4 years).
3. Obtain one of the following certifications offered from the National Board for Respiratory Care (NBRC):
  - Certified Respiratory Therapist (CRT).
  - Registered Respiratory Therapist (RRT).



***For further information, visit the American Association for Respiratory Care at [aarc.org](http://aarc.org).***

# SOCIAL WORKER

**Social Workers** help people to solve and cope with challenges in their lives. Social Work is a practice-based profession that promotes social change, development, cohesion, and empowerment of people and communities. Social Workers can provide mental health counseling, work in mental health clinics, schools, child welfare and human service agencies, hospitals, settlement houses, community development corporations, private practices, and more.

## Pathway to becoming a Social Worker:

1. Complete Bachelor's degree (4 years) in social work or related field.
2. Complete Master's degree (2 years) in social work.
3. Get licensed through your state as a Licensed Master Social Worker (LMSW).
4. Gain experience in the field (3 years).
5. Optional - Pass the exam to become a Licensed Clinical Social Worker (LCSW).



***For further information, visit the National Association of Social Workers at [socialworkers.org](https://www.socialworkers.org).***

# SPEECH PATHOLOGY

**Speech Language Pathologists (SLP)** are also known as speech and language therapists. SLPs are experts in communication and work with people of all ages to treat communication and swallowing problems. SLPs can work in private practice, physician offices, hospitals, schools, colleges, universities, rehabilitation centers, long-term and residential health care facilities.

## **Pathway to becoming a Speech Language Pathologist:**

1. Get a Bachelor's degree in a related field like communication sciences or language development (4 years).
2. Complete a Master's degree in SLP (2 years).
3. Complete a fellowship in SLP (1260 hours).
4. Pass the Praxis Examination (national test that shows you understand the field).
5. Get licensed by your state.
6. Get certified by the American Speech Language Hearing Association.



***For further information, visit the American Speech-Language-Hearing Association at [ashfoundation.org](https://www.ashfoundation.org).***

# VETERINARIAN

**Veterinarians** care for the health of animals. They diagnose, treat, and research medical conditions and diseases of pets, livestock, zoo animals, birds, and other animals. Some responsibilities could include advising clients on care for their pets, administering vaccines, conducting physical exams, providing emergency care, performing surgery, prescribing medications, and more.

Veterinarians can work in private clinics, hospitals, farms, laboratories, classrooms, zoos, or in the wild.

## Pathway to becoming a Veterinarian:

1. Complete Bachelor's degree (4 years) in related fields like animal science or wildlife biology.
2. Complete Doctor of Veterinary Medicine (DVM) program (4 years).
3. Pass the North American Veterinary Licensing Examination (NAVLE).
4. Optional - Complete internship or residency for additional training and board certification in a specialty field.



***For further information, visit the American Veterinary Medical Association at [avma.org](http://avma.org).***

# 2021 MEDIAN ANNUAL WAGES

Allied Health Worker	\$47,380
Athletic Trainer	\$54,650
Biological Technician	\$51,770
Chiropractor	\$81,240
Dentist	\$177,770
Genetic Counselor	\$86,640
Registered Nurse	\$82,250
Occupational Therapy	\$85,570
Paramedic and EMT	\$41,480
Pharmacist	\$175,440

# 2021 MEDIAN ANNUAL WAGES

Physician Assistant	\$119,460
Physical Therapist	\$60,740
Primary Care and Family Medicine Physician	\$235,930
Public Health Epidemiologist	\$86,740
Registered Dietitian	\$65,620
Respiratory Therapist	\$68,190
Social Worker	\$57,880
Speech Pathology	\$85,880
Veterinarian	\$109,920

Source: Bureau of Labor Statistics

# EDUCATION & TRAINING

## In This Section



Schools in the Buffalo Area  
SUNY Schools  
Scholarships  
Programs and Resources





# SCHOOLS IN THE BUFFALO-NIAGARA AREA

## **Canisius College**

Private college offering degrees in Biology, Clinical Laboratory Science, Health and Wellness, Physician Assistant, Pre-Medical and Pre-Health Professions, Sports and Exercise Health Care, and more.

## **D'Youville University**

Private university offering degrees in Biology, Chiropractic, Dietetics, Health Analytics, Healthcare Studies, Nursing, Occupational Therapy, Pharmacy, Physical Therapy, Physician Assistant, Public Health, and more.

## **Daemen University**

Private university offering degrees in Athletic Training, Biology, Health Promotion, Nursing, Physical Therapy, Physician Assistant, Social Work, and more.

## **Medaille College**

Private college offering degrees in Biology, Health Information Management, Veterinary Technology, and more.

## **Niagara University**

Private college offering degrees in Biology, Nursing, Psychology, Social Work, and more.

## **SUNY Buffalo State University**

Public university offering degrees in Biology, Nutrition and Dietetics, Health and Wellness, Social Work, Psychology, Speech Pathology, and more.

# SCHOOLS IN THE BUFFALO-NIAGARA AREA

## **SUNY Erie Community College**

Community college which offers associate degrees in Dental Hygiene, Dental Laboratory Technology, EMT and Paramedic, Medical Assisting, Nursing, Occupational Therapy Assistant, Public Health, Radiation Therapy Technology, Respiratory Care, Vision Care Technology, and more.

## **SUNY Niagara County Community College**

Community college which offers associate degrees in Dietetics, Health Studies, Medical Assistant, Nursing, Physical Therapist Assistant, Radiologic Technology, Surgical Technology, and more.

## **SUNY University at Buffalo**

Public university offering degrees in Biology, Bioinformatics, Dentistry, Exercise Science, Medicine, Nursing, Pharmacy, Public Health, Physical Therapy, Speech and Hearing Science, and more.

## **Trocaire College**

Private college which offers degrees in Nursing, Healthcare Management, Medical Assisting, Radiologic Technology, Surgical Technology, Echocardiography, Diagnostic Medical Sonography, and Biology.

## **Villa Maria College**

Private college which offers degrees in Community Health, Occupational Therapy Assistant, Physical Therapy Assistant, and more.

# SUNY SCHOOLS OUTSIDE OF BUFFALO

The SUNY logo consists of the letters "SUNY" in a bold, sans-serif font, enclosed within a blue circular border.

## **SUNY Binghamton University**

Public university offering degrees in Biology, Biomedical Engineering, Nursing, Social Work, and more.

## **SUNY Stony Brook University**

Public university offering degrees in Biology, Biomedical Engineering, Health Science, Nursing, Social Work, and more.

## **SUNY Geneseo**

Public university offering degrees in Biology, Optometry, Osteopathic Medicine, Physical Therapy, Pre-Medicine, Pre-Veterinary Medicine, Socio-medical sciences, and more.

## **SUNY Downstate College of Medicine**

Public college offering degrees in Diagnostic Medical Imaging, Nursing, and Physical Therapy.

## **University at Albany**

Public university offering degrees in Biology, Dental, Optometry, Pharmacy, Physician Assistant, Public Health, Social Welfare, and more.

## **SUNY Oneonta**

Public college offering degrees in Biology, Chiropractic, Dentistry, Dietetics, Exercise Science, Occupational Therapy, Optometry, Pharmacy, Physical Therapy, Physician Assistant, Pre-Medical, Veterinary, and more.

# TYPES OF SCHOLARSHIPS & GRANTS

**Scholarships & grants do not need to be repaid!**

## **Academic Scholarships**

- Used to recruit academically talented students to schools and is merit-based.

## **Athletic Scholarships**

- Used to recruit student-athletes to join schools based on athletic abilities.

## **Community Service Scholarships**

- Given to students who have dedicated their time to serving their communities.

## **STEM Scholarships**

- Promote getting a degree in Science, Technology, Engineering, and Math fields.



# POPULAR GRANTS & SCHOLARSHIPS

## Scholarships & grants do not need to be repaid!

### Excelsior Scholarship

- Provides tuition awards to eligible students in SUNY & CUNY schools.
- Must be a legal resident of New York for 12 continuous months.
- Agree to reside in NYS for the length of time award was received.

### NYS Tuition Assistance Program (TAP)

- Must be a legal resident of New York for 12 continuous months.
- Graduated from high school in the United States or attained High School Equivalency.
- Fill out application in conjunction with the FAFSA.

### Pell Grants

- Graduate high school in the United States.
- Have to fill out the FAFSA.

### **Other Scholarships**

- Say Yes Buffalo
- Buffalo Urban League
- School-Specific Tuition Scholarships & Grants
- Check out the [U.S. Department of Labor's Scholarship Search Tool](#) for more information!

# PROGRAMS AND RESOURCES

## **Erie Niagara Area Health Education Center (AHEC)**

Erie Niagara AHEC offers high school programs which expose teens to health careers and prepare them for college. College students can participate in AHEC Scholars, a 2-year program to bring future health professionals together to work with patients to address social determinants of health.

## **Say Yes to Education Buffalo**

Say Yes's goal is to remove barriers to educational attainment, workforce participation, and economic mobility for students in Buffalo.

## **Upward Bound**

Upward Bound is a program offered at many local colleges designed to assist low-income and/or first-generation high school students in fulfilling their educational potential in high school and further. Offered by many local colleges and universities.

## **Buffalo Urban League**

The Buffalo Urban League's Mission is to empower African Americans, other minorities, and disadvantaged individuals to secure economic self-reliance, parity, power, and civil rights. Each year they award scholarships to graduating high school students in Buffalo.

## **Your Guidance Counselor**

Reach out to your Guidance Counselor or a similar resource to get you in touch with different programs, classes, or events in your area to learn more about the opportunities near you.

## **Science and Technology Entry Program (STEP)**

Statewide initiative to encourage minority and economically disadvantaged high school students pursue careers in medicine and other health-related professions

# EARLY OPPORTUNITY PROGRAM IN MEDICINE

**EOPIM** is an early assurance program that, if successfully completed, will lead to entry into medical school at the University at Buffalo's Jacobs School of Medicine and Biomedical Sciences. Students accepted into EOPIM are provided with the opportunity for professional interaction and career training at the Jacobs School before their graduation from college. Start your application your third semester of undergrad by talking to your pre-health advisor.

## **Eligibility:**

1. Sophomore undergraduate in participating school.
2. Maintain 3.5 GPA or higher.
3. Historically underrepresented in medicine.
4. U.S. citizen or permanent resident.

## **Program Benefits:**

- Participate in research with faculty.
- Pair with a current medical student as a peer mentor.
- Gain valuable MCAT preparation advice and skills.
- Guaranteed acceptance to medical school if program requirements are met.

## **Participating Schools:**

- University at Buffalo
- Canisius College
- D'Youville University
- Tougaloo College
- Niagara University

For further information, visit the [University at Buffalo website](#).

# COLLEGIATE SCIENCE AND TECHNOLOGY ENTRY PROGRAM

**CSTEP** is a program that was made to increase the number of students from underrepresented groups who are pursuing professional licensure and careers in mathematics, science, technology, and health-related fields.

## **Eligibility:**

1. New York State Resident.
2. African American, Hispanic/Latino, American Indian, or Alaskan Native.
3. Economically Disadvantaged.

## **Program Benefits:**

1. CSTEP provides academic enrichment and research experience in STEM content areas.
2. Projects consist of the academic year and summer components including:
  - a. Supervised training in research methods
  - b. Graduate/professional school admissions preparation
  - c. Standardized test preparation
  - d. Academic and career development activities

**For further information, visit the NYS  
Education Department at [nysed.org](http://nysed.org).**



# ERIE NIAGARA AREA HEALTH EDUCATION CENTER

Erie Niagara AHEC is dedicated to creating a diverse healthcare workforce and well-informed community. By joining forces with health professionals, high schools, universities, and students, we aim to expand the pipeline of students to professional networks and careers within the Buffalo-Niagara region.



This guide was created as a resource for students interested in pursuing a healthcare or STEM-related career path.

**Learn more at [www.en-ahec.org](http://www.en-ahec.org)**

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**SEPA** SCIENCE EDUCATION  
PARTNERSHIP AWARD  
SUPPORTED BY THE NATIONAL INSTITUTES OF HEALTH

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# CONTACT US

Erie Niagara Area Health Education Center

Phone: (716) 835-9358

Email: [info@en-ahec.org](mailto:info@en-ahec.org)

Website: [www.en-ahec.org](http://www.en-ahec.org)



Check out some of our high school program participants who helped create this guide!

