

Discovering My PreHealth Pathway Seminar Outline

Course Information:

Term and Year: Fall 2025

Credit Hour(s): 0

Course Format: Traditional, In-Person

For meeting dates, times, and locations, please see the schedule below.

Instructor Information:

Teaching Lead: Anna Pietrzak (a.pietzak@northeastern.edu)

Teaching Assistant: TBD

Series Description:

The Discovering My PreHealth Pathway Seminar is designed to provide first & second year pre-health learners with an in-depth exploration of their personal values related to their journey to a health professional career. This 6-part series will include live seminars and engaging activities focused on career-life alignment, networking, active citizenship, exploring healthcare careers, and demystifying research. By completing the series, pre-health learners will have increased clarity and motivation in the pre-health pathway.

The seminar sessions will be offered fully on-ground with online action step assignments through Canvas. First and second-year pre-health students enrolled in full-time courses on the Boston campus during the Fall 2025 will be eligible to opt-in and earn a certificate of completion.

Learning Outcomes:

LO1: Identify and craft meaningful extracurricular experiences aligned with personal values.

LO2: Confidently build a professional network and conduct informational interviews.

LO3: Engage with the campus and local community to demonstrate an orientation to service.

LO4.1: Explore and identify the unique features of various health professions.

LO4.2: Develop a sense of professional identity and related behaviors to prepare for entering the health professional workforce.

LO5: Navigate the complexities of identifying, securing, and beginning in an undergrad research role.

LO6.1: Create a custom outline of learner's pre-health pathway for future semesters.

LO6.2: Appreciate the value of a collaborative, rather than a competitive, pre-health community.

Recommended Book:

[You Don't Have to Be a Doctor: Discover, Achieve, and Enjoy Your Authentic Health Career](#) by Jeffrey Oxendine

Tentative Series Schedule: All seminars will be held at 12pm ET, location TBA

Week	Meeting Date	Topic	Action Step Activity
1	WED 9-17-25	Introduction & Career & Life Alignment	Values Self-Reflection
2	WED 10-1-25	Developing a Social Network	Informational Interview
3	WED10-15-25	Becoming an Active Citizen	Active Citizen Continuum Self-Reflection
4	WED10-29-25	Exploring Health Careers	Health Profession Presentation
5	WED11-12-25	Demystifying Research	Research Exploration & Self-Reflection
6	WED11-19-25	Celebration & Future Plans	Final Self-Reflection & Pre-Health Plan

How to Earn a Certificate:

1. Students must indicate their decision to participate in the series by completing the Registration Form by Friday, September 5th, 2025.
2. Students who opt-in will be enrolled in the Canvas shell on Tuesday, September 9th, 2025.
3. Students then must attend at least 5 of the 6 seminars. Please see the above schedule for details and plan accordingly.
4. Students must complete all 6 seminar action step assignments in Canvas by the end of the Fall semester, December 12th, 2025.
5. Certificates will be sent to all eligible students in January 2026.

**Attendance Policy: Students are allowed up to 1 absence to use at their discretion (illness, wellness day, scheduling conflict, etc.).*