

Discovering My PreHealth Pathway Seminar Outline

Course Information:

Term and Year: Fall 2026

Credit Hour(s): 0

Course Format: Traditional, In-Person

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

Instructor Information:

Teaching Leads: Anna Pietrzak (a.pietrzak@northeastern.edu) and Lauren Hwang (la.hwang@northeastern.edu)

Course Support: 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, mentorship, 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.

In addition to the 6 seminars, students will be paired with a clinician mentor for three 1-hour **POD Meet-ups**. These small-group meet-ups will be scheduled at the start of the semester and held during weeks when class seminars are not in session: **September 28, October 5, and October 12**. Specific dates, times, and locations are still to be determined. To help with scheduling, you will be asked to complete a Doodle Poll to indicate your availability so we can match you with a consistent POD group. The purpose of these meet-ups is to provide students with valuable insight into career-life balance, professional identity formation, and the realities of working in healthcare.

The seminar sessions will be offered fully on-ground with online action step assignments through Canvas. Second-year pre-health students enrolled in full-time courses on the Boston campus during the Fall 2026 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.

LO2.1: Articulate how insights gained from UHCS clinician mentors inform their understanding of career-life balance, professional identity formation, and the realities of working in health professions.

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.

Tentative Series Schedule: All seminars will be held at 12pm ET, location TBD (unless otherwise noted):

Week	Meeting Date	Topic	Action Step Activity
1	9/16/26	Introduction & Career & Life Alignment	Values Self-Reflection
2	9/23/26	Developing a Social Network	Informational Interview
	Week of 9/28	POD Meet-up 1 (1 hour)	
3	9/30/26	Becoming an Active Citizen	Active Citizen Continuum Self-Reflection
	Week of 10/5	POD Meet-up 2 (1 hour)	
4	10/7/26	Exploring Health Careers (remote class)	Health Profession Presentation
	Week of 10/12	POD Meet-up 3 (1 hour)	
5	10/14/26	Demystifying Research	Research Exploration & Self-Reflection
6	10/21/26	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 4th, 2026.
2. Students who are admitted will be enrolled in the Canvas shell on Thursday, September 10th, 2026.
3. Students 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 last day of classes prior to Thanksgiving Recess, November 24, 2026.
5. Certificates will be sent to all eligible students following completion of the course.

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