

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: Emily Ademaj (ademaj.e@northeastern.edu)

Series Description:

The Discovering My PreHealth Pathway Seminar is designed to provide 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.

Students will also be placed in small groups with a clinical mentor and participate in three meet-ups throughout the semester. 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. Dates and times of these meet-ups will be determined by each group individually. Students will receive additional details during the first weeks of the seminar.

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 in CSC 340 (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
3	9/30/26	Becoming an Active Citizen	Active Citizen Continuum Self-Reflection
4	10/7/26	Exploring Health Careers (remote class)	Health Profession Presentation
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.).*