

Career preparation milestones:

HW students seeking employment upon graduation

Sophomore year

- Begin creating an ongoing list of educational accomplishments, licenses, and certifications (such as health coaching, CPR or other health promotion certification), work history, volunteer history and other accomplishments.
 - Include date spans, addresses and contact names. This information will be essential to building your professional resume and will help with identifying who you might be able to use as a professional reference, once needed.
- Network, network, network! Begin building your professional network.
 - Share your career goals with your instructors and the HW program directors. Consider participating in student organizations and volunteering to build relationships with your peers.
 - See the [Student Involvement Opportunities](#) page on the College of Nursing (CON) website.

Junior year

- Continue networking and/or volunteering.
- Continue building your ongoing list of health and wellness-related experiences and accomplishments and add this information to your resume. Call CON Career Services to schedule an appointment for resume help if needed at 614-292-4041.
- If applicable, begin or continue working in the health coaching or wellness sector.
- If you are interested in becoming a health and wellness coach, upon successful completion of the Practical Skills Assessment (PSA) in HW 3230, you will be required to complete 50 logged coaching sessions (totaling 17 hours of coaching). At that point you will be eligible to apply for the National Board-Certified Health and Wellness Coaching (NBC-HWC) examination.
 - Additionally, upon completion of the HW program students are prepared and eligible to sit for a variety of other certifications in the field of health promotion, including:
 - certified personal trainer
 - group fitness instructor
 - Exercise is Medicine (EIM) credential
 - physical activity in public health specialist
 - fitness nutrition specialist
 - nutrition and wellness certification

Senior year

- Continue networking. This year will be full of career and professional development opportunities and assignments in 4300.01 and 4300.02.
- Finalize your resume and professional statement using the ongoing list of experiences and accomplishments you've been compiling. Make sure to incorporate experiences from practicum 1 (autumn semester) and practicum 2 (spring semester).
- Contact CON Career Services for resume, cover letter, interview preparation and career exploration assistance.
- Consider attending an [Ohio State-sponsored career fair](#).
- Apply early to jobs or graduate school!



THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING