

Health Careers

REALITY CHECK



nku.edu/hicinfo

Health Careers Reality Check:

Worksheet Directions:

1. For each box above you are going to choose **one or more options** for lifestyle expenses you might choose to have when you have your first full-time job after high school or college.
2. If the box says "**Choose 1,**" then you would only choose one option. For example: for housing, choose the line that matches the type of housing you would like to have. If you want to rent a one-bedroom apartment, you would circle 5 next to this choice.
3. For boxes where you can choose more than one option, **feel free to choose as many as you think you need or want**. For example, for entertainment, if you plan to go out with friends in town and also take short vacations, you should circle the corresponding number next to both of these options for a total of five.
4. Total the number of circled points and write the answer in the final space. Using the Reality Check Results Grid, find the column that matches your number of points and write down the salary range for that column in the box above. Next, choose one or more occupations you might consider to achieve this salary.

Assignment

After completing the worksheet, choose one of the following activities:

1. Write a two page paper on a career that could achieve the salary you are interested in. The paper should include information about post-high school education plans, the types of courses you might need to take, and what kinds of things you might do day-to-day in the career. In the conclusion of your paper, talk about whether you are still interested in the career or if you will consider a different career in the future.
2. Create a video (less than 10 minutes) describing the career you chose to your classmates. Talk about the pros of the career (salary, types of activities you might do) and the cons (long hours, years of study). At the end, describe where students might go to learn more about this career.

Turn the page to begin discovering which healthcare career fits your lifestyle best!

Housing <i>(choose 1)</i>	
Living at home.....	0
Studio apartment	4
One-bedroom apartment	5
Two-bedroom apartment.....	6
House	6

Total: _____

Utilities <i>(may choose more than 1)</i>	
Phone	1
Internet	2
Mobile phone.....	2
Cable/Netflix.....	2
Electricity	3
Water & gas	4

Total: _____

Food <i>(choose 1)</i>	
Eat at home	3
Home and fast food.....	4
Home and fine dining.....	5
Restaurants mostly	6

Total: _____

Transportation <i>(choose 1)</i>	
Walking	0
None.....	0
Public bus.....	1
Used car.....	3
Basic car.....	5
Average car.....	6
Luxury car	8

Total: _____

Clothing <i>(may choose more than 1, but only 1 option from 3-6)</i>	
Accessories	1
Shoes.....	1
\$50-75/ month.....	2
\$76-125.....	3
\$126-250/ month.....	4
\$250+/ month.....	5

Total: _____

Health Care <i>(choose 1)</i>	
No insurance	1
Basic insurance.....	2
Premium insurance	4
No insurance means no paycheck deduction but you will pay full price for each medical visit or service. Basic insurance may be less from your paycheck, but you will pay more per visit than premium insurance.	

Total: _____

Personal <i>(may choose more than 1)</i>	
Basics (toiletries, etc.).....	1
Gym/ sports recreation	2
Hair and skin services.....	2
Extras (makeup, cologne).....	3
Luxuries (designer brands).....	4

Total: _____

Entertainment <i>(may choose more than 1)</i>	
Stay home.....	1
Go out at least once a week.....	2
Spend money on concert tickets, short vacations, and other items that cost more than going out one night.....	3
Longer vacations and premium adventures that may require hotel and travel expenses.....	4

Total: _____

Extra Expenses <i>(may choose more than 1)</i>	
Misc. (small purchases).....	1
Pet Care	2
Vacation spending (aside from the cost of booking hotel and travel)..	3
Electronics	4
Home furnishes (decorations, sheets, furniture, etc.).....	5

Total: _____

Savings per Pay Check <i>(choose 1)</i>	
2%	1
5%	2
7%	2
10%	3

Total: _____

Utilities <i>(may choose more than 1)</i>	
Certificate	1
Associates	
Bachelor's	2
Master's	4
Doctorate	5

Total: _____

Total Points

Salary Range

Possible occupations for my chosen lifestyle

**See next page to find salary
an occupation options.**

Health Careers Reality Check:

What were your results? Let's find out which healthcare career fits your lifestyle!

29 POINTS OR LESS - \$30k-\$40k

Biological Technician: Works with biologists and other scientists on solving scientific problems dealing with living organisms. Biotechnology combines biology with aspects of chemistry, engineering, and computer science.

Required: A bachelor's degree in Biology

Learn more about a degree in Biological Sciences at NKU

nku.edu/biology

Licensed Practical Nurse (LPN):

An assistant to physicians and registered nurses (RNs), an LPN takes care of basic duties in setting such as hospitals, nursing homes, and long-term care facilities.

Required: An associate degree in Nursing

Mental Health Counselor: A mental health counselor is a medical professional who helps patients achieve emotional wellness. Counselors often see patients on an ongoing basis as one part of a treatment plan. These professionals work with a variety of patients and may specialize in areas such as trauma, addiction, or youth services.

Required: 4 years in a bachelor's degree program in psychology or social work and 1-2 years in a master's degree program.

Learn more about a degree in Psychology at NKU:

nku.edu/psychology

Learn more about a degree in Social Work at NKU:

<https://nku.edu/academics/chhs/programs/schools/socialwork.html>

Marriage/Family Therapist: Marriage and Family Therapists (MFTs) are mental health professionals trained in psychotherapy and family systems, and licensed to diagnose and treat mental and emotional disorders within the context of marriage, couples and family systems.

Required: A 4-year bachelor's degree in psychology or social work and a master's degree in Psychiatry or Counseling.

Learn more about a degree in Psychology at NKU:

nku.edu/psychology

Learn more about a degree in Social Work at NKU:

<https://nku.edu/academics/chhs/programs/schools/socialwork.html>

Surgical Technologist: Surgical technologists, also called operating room technicians, assist in surgical operations. They prepare operating rooms, arrange equipment and help doctors during surgeries.

Required: A high school diploma and a certificate degree.

Certified Nursing Assistant (CNA): Certified Nursing Assistants (CNAs) provide intimate, hands-on healthcare to patients in medical settings, helping with bathing, dressing and the basic activities of life. Feeding patients, measuring and recording their food and liquid intake.

Required: An associate degree in Nursing

30-39 POINTS- \$41k-\$50k

Athletic Trainer: Athletic Trainers collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Required: A Bachelor's Degree in Athletic Training

Learn more about a degree in Athletic Training at NKU:

<https://inside.nku.edu/artsci/departments/psychology.html>

Pharmacy Technician: A pharmacy technician would fall under the direct supervision of a pharmacist and assist them in dispensing prescription medication to customers or health professionals.

Required: A high school diploma and a certificate degree.

EKG Technician: EKG technicians work in healthcare facilities with doctors and technologists and specialize in electrocardiogram (EKG) testing for patients. EKG machines are complex devices that monitors the heart's performance.

Required: A high school diploma and a certificate degree

Flight Medic: As a Flight Medic, you're the first on-site medical care provider who acts as an EMT, or Emergency Medic, during airlifts in helicopters to hospitals. Your primary task as a Flight Paramedic is to sustain a patient's life while in transit, or in flight.

Required: Certificate degree as an Emergency Medical Technician

Exercise Physiologist: Exercise physiologists work to improve overall patient health. Many of their patients suffer from health problems such as cardiovascular disease or pulmonary (lung) disease. Exercise physiologists provide health education and exercise plans to improve key health indicators.

Required: A Bachelor's Degree in Kinesiology

50-59 POINTS - \$61k-\$69k

Respiratory Therapist: EKG technicians work in healthcare facilities with doctors and technologists and specialize in electrocardiogram (EKG) testing for patients. EKG machines are complex devices that monitors the heart's performance.

Required: A high school diploma and a certificate degree

Learn more about a degree in Kinesiology at NKU:

<https://nku.edu/academics/chhs/programs/schools/kcr.html>

Genetic Technologist: Genetic technologists prepare and process specimens for genetic analysis. These tests are used to study, diagnose and treat a variety of diseases.

Required: Bachelor's and/or master's degree.

Learn more about a degree in Biological Sciences at NKU:

nku.edu/biology

60-69 POINTS - \$71k-\$80k

Dental Hygienist: Dental hygienists clean teeth, examine patients for signs of oral diseases such as gingivitis, and provide other preventive dental care. They also educate patients on ways to improve and maintain good oral health.

Required: An associate degree.

Registered Nurse: RNs help out during exams, dress wounds, do lab work and administer injections. RNs assess and monitor the health of the patients, devise treatment plans, perform medical procedures and work as a supervisor.

Required: A Bachelor's Degree.

Learn more about a Nursing degree at NKU:

nku.edu/nursing

Psychologist: Clinical psychologists assess, diagnose and treat individuals suffering from psychological distress and mental illness. They also perform psychotherapy and develop treatment plans. Clinical psychologists often work in hospitals, mental health clinics and private practice.

Required: A Bachelor's and master's degree

Learn more about a degree in Psychology at NKU:

nku.edu/psychology

70-79 POINTS - \$81k-\$90k

Clinical Laboratory Supervisor: Is responsible for supervising laboratory personnel, conducting and overseeing quality assurance and quality control, and collecting, analyzing, and interpreting lab results.

Required: A Bachelor's or master's degree in Biology of Chemistry.

Learn more about a degree in Biological Sciences at NKU:

nku.edu/biology

Learn more about a degree in Chemistry at NKU:

nku.edu/chemistry

Radiation Therapy Technologist: Radiation therapy technologists use machines to provide radiation treatments to patients who have diseases such as cancer. They also make sure that the equipment is maintained, ensure that safety procedures are followed, monitor patients during their treatments and keep records.

Required: A Bachelor's degree.

Learn more about a degree in Radiation Therapy at NKU:

nku.edu/radtherapy

Occupational Therapist: Occupational therapists treat injured, ill, or disabled patients through the therapeutic use of everyday activities. They help these patients develop, recover, improve, as well as maintain the skills needed for daily living and working.

Required: A Bachelor's and master's degree.

Learn more about a degree in Exercise Science at NKU:

nku.edu/exercisescience

80-89 POINTS: \$91k-\$100k

Physical Therapist: Physical therapists (PTs) are movement experts who optimize quality of life through prescribed exercise, hands-on care and patient education.

Required: A Bachelor's and master's degree.

Learn more about a degree in Exercise Science at NKU:

nku.edu/exercisescience

Nurse Practitioner: A nurse practitioner is trained to assess patient needs, order and interpret diagnostic and laboratory tests, diagnose illness and disease, prescribe medication and formulate treatment plans.

Required: A Bachelor's and master's degree.

Learn more about a Nursing degree at NKU:

nku.edu/nursing

90 POINTS OR MORE - \$101k

Nurse Anesthetist (CRNA): Certified Registered Nurse Anesthetists (CRNAs) are advanced practice registered nurses with graduate level education who enjoy a high degree of autonomy and professional respect. CRNAs provide anesthetics to patients in every practice setting, and for every type of surgery or procedure.

Required: Master's or Doctorate degree.

Learn more about a Nursing degree at NKU:

nku.edu/nursing

Dentist: Dentists diagnose and treat problems with patients' teeth, gums, and related parts of the mouth. They provide advice and instruction on taking care of the teeth and gums and on diet choices that affect oral health.

Required: A Medical Doctorate degree.

Learn more about the Pre-Dental program at NKU:

http://onlinecatalog.nku.edu/preview_program.php?catoid=16&poid=2321

Physician: Physicians and surgeons diagnose and treat injuries or illnesses. Physicians examine patients; take medical histories; prescribe medications; and order, perform and interpret diagnostic tests. They often counsel patients on diet, hygiene and preventive healthcare.

Required: A Medical Doctorate degree.

Learn more about the Pre-Med program at NKU:

http://onlinecatalog.nku.edu/preview_program.php?catoid=9&poid=1348

Pharmacist: Pharmacists, also known as chemists or druggists, are health professionals who practice in pharmacy, the field of health sciences focusing on safe and effective medication use.

Required: A Doctorate degree.

Learn more about the Pre-Pharmacy program at NKU:

http://onlinecatalog.nku.edu/preview_program.php?catoid=9&poid=1377

Healthcare Administrator: Health care administrators are responsible for the overall management and oversight of health care organizations. In addition to staffing and budgeting, health care managers must have policy expertise and in-depth understanding of medical record systems.

Required: A Bachelor's and master's degree.

Learn more about the Health Science program at NKU:

<https://nku.edu/academics/chhs/programs/undergraduate/bshs.html>