At the intersection of technology, science and empathy lies health care. From one-on-one roles like nursing to operating electromagnetic rays to solve medical mysteries, roles in the health care field work to keep the public healthy and well, quickly solving problems when something goes wrong. This field calls for workers who are both people- and detail-oriented with a desire to help others.

How do I start my career?

Do some research
• Use Career Coach at workforce.org/careercoach to explore which occupations align with your interests, see a behind-the-scenes peek at what a career looks like and discover local companies.

Expand your network
• Use social media tools like LinkedIn to network with professionals. Request an informational interview to ask them about their career path, education and job responsibilities.
• Volunteer at a hospital to meet and interact with professionals in the medical field.

Get hands-on experience
• Volunteer to gain experience at places like UCSD Health or Family Health Centers of San Diego.
• Apply to an internship
  → Rady Children’s Hospital San Diego (jobs.rchsd.org/internships)
  → Sharp Healthcare (sharp.com/interns-fellows)

Get training
• There are so many jobs in health care that start with a short certification program and allow you to build your career with further training and experience. Find these programs at your local community colleges and adult education providers. Visit CareerEd.org or search:

Did you know that jobs in health care are considered “recession-proof?” Employment in this sector increased during the Great Recession while most other sectors declined.

Subsectors
• Hospital & residential care facilities
• Offices of health care practitioners
• Specialized health centers
• Ambulatory & home health care services
• Medical laboratories

Learn more at workforce.org/mynextmove
What can I do?

**sample occupations**

- Doctoral degree
- Master's or professional degree
- Bachelor's degree
- Associate degree or certificate
- High school diploma or less

Educational levels are typical for each occupation, but various employers may have slightly higher or lower minimum requirements.

**FOUND PRIMARILY IN THIS SECTOR**

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Employed 2018</th>
<th>Median hourly pay</th>
<th>Typical entry-level education</th>
</tr>
</thead>
<tbody>
<tr>
<td>★ Registered Nurses</td>
<td>19,804</td>
<td>$45</td>
<td></td>
</tr>
<tr>
<td>★ Dental Hygienists</td>
<td>2,590</td>
<td>$45</td>
<td></td>
</tr>
<tr>
<td>★ Physical Therapists</td>
<td>1,708</td>
<td>$43</td>
<td></td>
</tr>
<tr>
<td>★ Clinical Laboratory Technologists and Technicians</td>
<td>2,670</td>
<td>$26</td>
<td></td>
</tr>
<tr>
<td>★ Licensed Practical and Licensed Vocational Nurses</td>
<td>4,740</td>
<td>$26</td>
<td></td>
</tr>
<tr>
<td>Medical Secretaries</td>
<td>6,962</td>
<td>$19</td>
<td></td>
</tr>
<tr>
<td>Dental Assistants</td>
<td>4,018</td>
<td>$18</td>
<td></td>
</tr>
<tr>
<td>Medical Assistants</td>
<td>7,691</td>
<td>$17</td>
<td></td>
</tr>
</tbody>
</table>

**COMMON IN THIS AND OTHER SECTORS**

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Employed 2018</th>
<th>Median hourly pay</th>
<th>Typical entry-level education</th>
</tr>
</thead>
<tbody>
<tr>
<td>★ Computer Systems Analysts</td>
<td>269</td>
<td>$45</td>
<td></td>
</tr>
<tr>
<td>★ Occupational Therapists</td>
<td>928</td>
<td>$44</td>
<td></td>
</tr>
<tr>
<td>Business Operations Specialists</td>
<td>815</td>
<td>$37</td>
<td></td>
</tr>
<tr>
<td>Clinical, Counseling, and School Psychologists</td>
<td>1,582</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>First-Line Supervisors of Office and Administrative Support Workers</td>
<td>2,252</td>
<td>$27</td>
<td></td>
</tr>
<tr>
<td>Billing and Posting Clerks</td>
<td>2,579</td>
<td>$21</td>
<td></td>
</tr>
<tr>
<td>Customer Service Representatives</td>
<td>1,270</td>
<td>$18</td>
<td></td>
</tr>
<tr>
<td>Receptionists and Information Clerks</td>
<td>3,983</td>
<td>$15</td>
<td></td>
</tr>
</tbody>
</table>

1 Number employed this industry group
★ Priority occupations are predicted to have high growth and a high number of annual job openings in San Diego County over the next five years

Where can I work?

**sample employers**

- **Palomar Health**
  ESTABLISHED: 1950
  Uses technology and expertise to give a high standard of care across many different medical fields
  5,001–10,000 employees

- **UC San Diego Health**
  ESTABLISHED: 1966
  Provides medical care to those in need, as well as programs and services that promote health and healing in response to identified community needs
  10,000+

- **Maxim Healthcare**
  ESTABLISHED: 1988
  Provides home health care, behavioral care, health care staffing, personal caregiving and population health and wellness services
  51–200

- **San Diego Home Caregivers**
  ESTABLISHED: 2008
  Offers services allowing seniors and disabled individuals to remain safe and independent at home while receiving the care and attention they need
  1–50

- **Rady's Children's Hospital**
  ESTABLISHED: 1951
  Provides a wide range of clinical and operational therapy assistance to children with a wide range of needs
  1,001–5,000