

Navigating Your Education to Reach Your Future Goals

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January 14, 2023

A Little More About Me

- Family, Friends, and Amazing Art in All Forms are LIFE!
- I derive joy from fulfilling my purpose as an advocate, educator, and mentor for students of color and other underrepresented populations.
- Words to live by: "The paradox of education is precisely this—that as one begins to become conscious one begins to examine the society in which one [he] is being educated."
James Baldwin
- Educational Journey:
 - James Madison University (B.S. in Communication Studies)
 - Old Dominion University (M.S.Ed. in Higher Education Administration)
 - Howard University (Ph.D. in Higher Education Leadership and Policy Studies)
- Preferred gender pronouns: he, him, his



During today's session, you will...

- Develop more understanding of the need for representation in the health professions
- Increase your awareness of strategies you can utilize to identify the issues you want to work towards solving through a future career in healthcare
- Learn about general coursework and experiential requirements to support your current education and future career goals
- Identify resources that you can use now and, in the future, to support your career goals



Why We Need YOU in the field

- The numbers of Black, Latino, and Native American health professionals fall significantly behind their representation in the U.S. workforce and population.
- This lack of representation has the potential to worsen health disparities experienced in these communities.
- Additionally, other bodies of research indicate that non-white physicians are more likely to:
 - Care for patients of their own race or ethnic group;
 - Practice in areas that are underserved or have healthcare shortages;
 - Care for poor patients, patients with Medicaid, or no health insurance;
 - Care for sicker patients; and
 - Choose primary care.



Where Do You Go from Here?

- Identifying your purpose and passion through regular reflection
 - What issues do you find yourself constantly thinking about?
 - What life experiences have you had that increased your ability and desire to empathize, understand, and serve others?
- Successfully complete high school
- Research careers in healthcare
- Selecting, funding, and success in higher education



Recommendations for coursework

- Consider taking some of the following courses:
 - Math: Pre-calculus and calculus if possible.
 - The Science Trinity: Biology, chemistry, and physics.
 - Honors and AP courses (if offered at your school).
 - Dual-enrollment courses (CC).
- Major key – Get comfortable with seeking and using support services

Recommendations for getting experience

- Get involved
 - In your school
 - In your community
- Research careers in healthcare
 - Great sources of information
 - Experiential opportunities
- Major key – Quality over Quantity



Tips for Pursuing Post-Graduation Pathways

- Identify your needs
 - Educationally
 - Socially/Culturally
- Funding Sources
- Know that there are resources out there every step of the way



The background features a repeating pattern of light gray speech bubbles, each containing a dark teal question mark. The bubbles are arranged in a staggered, overlapping grid across the entire image.

**I look forward to your
questions!**