

Which CCSF Health Education Program Is Right For You?

(answer sheet that matches up to the Self-Assessment Questionnaire – www.ccsf.edu/hlthed)

1. Do you enjoy working with people one-on-one?

Yes	No	Sometimes
The certificates offered in the Health Education department offer a lot of skills for working with clients one-on-one.	If you are interested in health but not in working one-on-one with clients, you might consider roles like leading workshops, designing health education programs, or working in health policy. A transfer program like Metro Academy for Health might be a good option for you, as these careers usually require a Bachelor's degree or higher.	Many of the frontline jobs that the certificates in this department lead to involve spending at least some time working with clients one-on-one - yet also involve other tasks. Keep exploring, to see if there is a program here that suits you.

2. Does helping people overcome addiction or reduce their abuse of substances interest you, in particular?

Yes	No	Somewhat
The Drug and Alcohol Studies program may be a good fit for you. Learn more at www.ccsf.edu/das	In most of our certificate programs, there is some information about substance abuse - simply because it is such a common health problem. However, it is not a primary focus, except in the Drug & Alcohol Studies program.	Working with people who abuse substances is at the heart of the Drug & Alcohol Studies program. You may want to learn more about this certificate. In addition, most other certificates offer some skills for working with community members who may abuse substances - even if that is not the central focus of the program.

3. How do you feel about working with youth?

Love it - I hope to work with youth or children in my job.	It's okay - I wouldn't mind it.	That's not the population that most interests me to work with.
You may be interested in the Youth Worker Certificate program. City College actually offers two different certificates for training Youth Workers - one in Health Education, and one in Child Development.	You might be interested in taking one or more courses about working with youth - such as HLTH 65.	The Youth Worker Certificate is probably not the best match for you.

4. If you like working with youth, which of these sounds best to you?

I would like to work with youth in schools and after-school programs. I am interested in kids from elementary school through high school.	I would like to work with youth who are experiencing challenges. I see myself working in a community-based organization or public agency helping troubled youth get back on track.	I already work with youth at a community agency. I am interested in gaining some specific skills to help me move ahead on the job.
The School-Age and Youth Worker Program in the Child Development department may be a great fit for you. It's worth at least exploring this option!	The Youth Worker program which is part of our Community Health Worker program could be a good fit for you. In addition to the CHW page on the Health Education website, the catalog description may help you decide.	You might want to take specific courses to enhance your job performance or get ready for that next promotion. Depending on your goals, it could be wise to take a course in youth development like HLTH 65 (or even the whole certificate), or even skill-building courses like computer applications, web design, conflict resolution... Seeing a counselor at CCSF might be a good starting place.

5. Do you like having a broad basis of health knowledge, from which you can respond to a variety of health issues in the community?

Yes, that sounds like me.	Sometimes I like that.	Actually, there is one specific health issue I am passionate about.
<p>The Community Health Worker program might be a good fit for you. This program lays the groundwork for how to work with individuals and groups in the community, with examples drawn from many types of health issues.</p>	<p>The Community Health Worker program educates students in a variety of methods of approaching health issues. Many students focus on a specific issue in their internship, yet gain a broad exposure to a range of health issues in the classes. Does this sound like a good fit to you?</p>	<p>That's great - we appreciate someone who comes in with a focus. In this case, you might assess whether the general training in grassroots health advocacy and assistance that the Community Health Worker programs provides is a good match for you - or if another, more specialized certificate (such as HIV/STI Prevention Education, Sexual Health Educator, Trauma Prevention & Recovery, or others) might get you closer to your goals.</p>

6. Would you like to get a job focused on stopping the spread of HIV, Hepatitis, and other sexually-transmitted infections?

Yes, that's definitely something I want to do. I feel comfortable - or want to feel comfortable - talking to people about their sexual health.	That's one of my interests, but there are other health topics I am equally concerned about.	I wouldn't mind learning something about that, but I can't see myself working in that field.
<p>The HIV/STI Prevention Education program might be a good fit for you. This program offers two certificates (which can be combined).</p>	<p>Sexual health is a feature of any program in the Health Education department - although the HIV/STI Prevention Education certificate provides the most comprehensive training on this topic. You may want to take a single course on HIV/STIs, as an elective or to complement your training if you are pursuing a CHW, Youth Worker, Post-Prison, Drug & Alcohol Studies, or Health Care Interpreting certificate. Some students also pursue one or both of the HIV/STI Prevention certificates as an add-on to another certificate.</p>	<p>The HIV/STI Prevention Education certificate is probably not for you. However, if you pursue any of the Health Education certificates, you will receive some training and information around sexual health.</p>

7. Are you especially interested in mental health concerns?

Yes, that really interests me	Somewhat	Not really
<p>The Community Mental Health Worker Certificate focuses on promoting wellness and recovery in mental health. Graduates of this program often work with consumers of mental health services and their family members to access appropriate services, develop resiliency and maintain health.</p>	<p>You might want to explore the Community Mental Health Worker Certificate, which trains people to work in mental health services and community agencies. Or, you could take another angle on the issue of mental health and explore the Trauma Prevention and Recovery Certificate, which focuses on the effects of violence and other traumatic events in the lives of individuals, families and communities. The Drug and Alcohol Certificate also addresses many aspects of mental health, although mental health is not the main focus.</p>	<p>All of our certificates (and many of our general health classes) explore some aspects of mental health, as it's hard to separate it from other dimensions of health. However, physical health and social well-being are a larger emphasis than mental health in most of our certificate programs.</p>

8. Are you bilingual?

Yes, I'm completely fluent in at least one other language, in addition to English.	I speak another language in addition to English, well enough to talk with family or friends - I might not be fluent, though.	No, but I speak English very well!
<p>That's terrific! You may want to consider the Health Care Interpreting program as an option. Your bilingual ability, however, is an advantage in any job in health and human services - so don't rule out the other Certificates and programs we offer.</p>	<p>That's terrific! Speaking another language - even a little bit - can help you connect with clients and communities. Speaking a second language may give you an advantage when it comes time to apply for jobs. For the Health Care Interpreting program, however, you really have to be fluent in both English and the "language of service" you want to interpret (translate) for.</p>	<p>That's okay! You can still gain awareness and skills for working with populations that have limited English proficiency, if that interests you.</p>

9. Would you prefer to work in a hospital setting?

Yes, I like hospitals!	No, hospitals make me nervous.	I don't have a strong preference either way.
<p>Most Health Care Interpreters work in hospitals. If you are bilingual and enjoy interpreting (translating out loud), the Health Care Interpreter certificate might be a good fit for you. Some Community Health Workers also are employed by hospitals, but most often they work in an out-patient clinic or community program.</p>	<p>Most health educators and frontline health workers work in clinics, public health departments, or community-based organizations - so, working in a hospital is something easy to avoid in this field.</p>	<p>Most of the certificate programs in the Health Education department lead to jobs that are not directly in hospitals. The Health Care Interpreting certificate is one where most of the jobs are in hospitals (although many interpreters are freelancers who serve multiple hospitals and clinics). Clinics, community-based organizations and public agencies are frequently the setting for frontline health and human services work.</p>

10. Would you like to explore more about possible certificates and careers?

Yes - tell me more about career and technical education at City College.	Yes - I want to see a broad range of careers in health and healthcare.	Yes - I want to know more about what kinds of jobs would suit my personality and skills.	Right now I am mostly interested in completing a degree at a 4-year university.
<p>Check out the assessment and other program information at this site: Career Match at CCSF</p>	<p>Try this website: HealthJobsStartHere.com</p>	<p>This Bay Area Career Guide may give you some answers.</p>	<p>Then the Metro Academy of Health might be a good fit - or perhaps you would like more information from the Transfer Center.</p>