HIGH SCHOOL AND BEYOND PLAN

Joe Bomber
Graduating 2011

Career Field and Specific Jobs

I am interested in a career as an Acupuncturist. Why? Because this career will allow me to use my strengths in working with people and my interests in science connected with nontraditional medicine. Acupuncturists use a form of Chinese medicine, called acupuncture, to diagnose, treat, and restore the health of their patients, and I think I would like doing this.

Acupuncture is based on the idea that there is vital life energy flowing through the human body, which must remain balanced for people to stay healthy. When someone becomes ill, it is believed that the energy has become blocked or unbalanced. Acupuncturists typically work in the following places: private clinics or spas.

Component Occupations/Related Occupations

- Massage Therapists
- Physical Therapists
- Physical Therapy Assistants
- Chiropractor

Degree or Certification Needed

Acupuncturists must be licensed to practice in the state of Washington. To become a licensed acupuncturist, you must complete an acupuncture program that includes required course work, an internship and an exam. Acupuncture programs grant a Doctor of Oriental Medicine (D.O.M.) degree.

When studying oriental anatomy, you learn about energy meridians and acu-points along the meridians. You also learn which points are useful for the treatment of various illnesses and imbalances. Gradually, students focus more on clinical practices including diagnosis through observation, evaluating pulses, and interviewing patients about symptoms and lifestyle practices.

Before entering acupuncture school, most students earn a bachelor's degree. If you earn a liberal arts degree, be sure to take courses in botany, biology, and chemistry.

Possible Post-Secondary Training

Possible colleges with acupuncture programs: Seattle Institute of Oriental Medicine, Seattle, WA, Bastyr University, Seattle, WA, Old Dominion University, Bremerton, WA.

My Past Accomplishments

While I have not yet done a lot of medical work, I have made a good start.

Courses taken: physical education, sports medicine, anatomy and physiology, chemistry, algebra, health

Extracurricular activities: Work-based Learning in Healthcare intern at Kadlec Medical Center, Salvation Army Bell Ringer December 2004, math club

Awards: Elite Fleet for Improvement in Science, February 2005

Certifications: Red Cross First Aid, Red Cross Lifeguard Training
Useful Experiences

Acupuncturists work with people and need a good background in science so my future experiences should include these:

- **Part-time or summer jobs**: pool lifeguard, camp counselor, fitness center employee
- **Volunteer work**: Kadlec Medical Center Junior Volunteer program
- **Courses**: English, computer applications, geometry, biology, psychology, accounting, written communications

People or Organizations That Could Help Me

I think that there are several people and organizations that can help me get my foot in this career door.

- **People**: Jill Bomber (local acupuncturist), John Richardson (high school guidance counselor), Jill Harvill (Sports Medicine Instructor)

Organizations:
- Acupuncture Association of Washington
  1420 Meridian East, Suite 2
  Milton, WA 98354
  253.851.4756
  [http://www.aaom.org](http://www.aaom.org)

- American Association of Oriental Medicine
  PO Box 162340
  Sacramento, CA 95816
  888.500.7999
  916.451.6950
  [http://www.aaom.org](http://www.aaom.org)

Plan of Action

If I take the following steps, my career should be right on track.

1. Save 75% of everything I earn for my education.

2. Include the following classes in my course plan for high school: English, computer applications, geometry, biology, psychology, accounting, written communications

3. Continue in sports medicine and volunteer at Kadlec Medical Center this summer.

4. Complete a job shadow with Jill Bomber, a local acupuncturist, to see if this career is what I want I want to do.

5. Contact Seattle Institute of Oriental Medicine, Seattle, WA, Bastyr University, Seattle, WA, Old Dominion University, Bremerton, WA and request application information and recommendations for where to get my undergraduate degree.
6. Study for the SAT test. Register for the May and October tests so that I have my scores ready for the application process in November.

7. Visit the college campuses and meet with admissions counselors this summer.

8. Write a rough draft of my admission application essay this summer.

9. Check out the certification process by contacting the state acupuncturist agency.

10. Apply to an undergraduate program that was recommended by the Acupuncturist schools in November of my Senior year.

11. Attend a Scholarship Search Workshop in the Career Center in the fall of my Senior year.

12. Attend the Financial Aid Workshop for families in the Career Center in December.


14. Make arrangements for on-campus housing in the spring of my senior year.

15. Register for and attend the college orientation program in the summer.

16. Graduate from high school.

17. Move to campus and look for a part time job.

RESOURCES/BIBLIOGRAPHY


