

FROM CLASSROOM TO CAREER

5



Department of
Veterans Affairs
An Equal Opportunity Employer

FIVE TIPS FOR YOUR
FIRST YEAR ON THE JOB

5 Tips for Starting a Successful Health Care Career

The transition from education and training to your first full-time position can be challenging. Both you and your employer will be more successful if you handle the transition with confidence and professionalism. As you finish your rotations, internship, or residency, keep the following in mind when considering employment offers.



1

Look to the Future

You're beginning a dynamic career, not a static job. People grow professionally, personally, and intellectually, which leads to a desire for new challenges and responsibilities. Your first couple of years should prepare you for additional career opportunities. Look for a position that allows expansion into other areas of professional interest, such as clinical work, academics, research, policy development, or administration.

Beat Stress

If not managed properly, stress can erode your health and job performance. One of the best antidotes for stress is striking a balance between your work and personal life. Find an employer who encourages an appropriate amount of time away from work through fair and flexible scheduling and generous leave. You will be happier and more successful, and your patients will be more secure in your hands.

Rely on a Support System

New health care professionals who try to handle everything independently often burn out. Don't fall into this trap. Select an employer with well-defined support programs, such as formalized orientation and mentor programs. Good programs allow you to learn the ropes from experienced professionals during your first few months.

3



Embrace Lifelong Learning

Your education doesn't end when you earn your degree, certification, or license. Technology advances, pharmaceuticals are introduced, new procedures and techniques are adopted, and certifications and licenses need to be maintained. Ask prospective employers about affiliations with teaching institutions and resources available to help you stay up to date in your field and manage ongoing concerns.

Tend to Your Finances

Health care education and training is expensive, and many young professionals are burdened by debt. But before you accept the highest salary offer, consider the hidden costs of your profession. Expenditures for liability coverage, health and life insurance, continuing education, and even parking can quickly chip away at a large paycheck. Finding a health care system that pays for or shares these costs will allow you to take home more of your salary.

5

Finding an employer who supports new employees in all these ways will simplify this exciting, yet anxious, time in your life and get your career off on the right foot.



A Proud Tradition

At VA you can join a proud tradition that continues to this day

More than a century ago, President Lincoln made a promise to America's servicemen and women, pledging the care and concern of a grateful Nation for the sacrifices they made to preserve freedom. Since 1930, VA's mission has been to keep that promise and provide our veterans with the best care possible.

Beginning your career with VA means becoming a part of a proud tradition, a part of some truly great things. Consider:

- VA has outscored the private sector in patient satisfaction for six consecutive years.
- VA quality scores exceed the national average according to three independent quality assessment organizations.
- VA's computerized patient record system earned Harvard University's prestigious Innovations in American Government Award.
- VA is one of the largest, most technologically advanced health care systems in the United States.



The Best Benefits

You already know about the work, now here's the reward.

You've provided The Best Care ...

Every year, more than 100,000 health care professional trainees, including aspiring physicians, nurses, pharmacists, psychologists, allied health professionals, and other health care practitioners complete their clinical rotations, internships, and residencies at VA health care facilities.

We are pleased to be an integral component in the education and training of so many bright young professionals. And now we would like to invite you to extend your stay at VA and experience what The Best Careers has to offer.



... now choose The Best Career

Having spent some time training at VA, you are well aware of the very special rewards of treating the heroes of our Nation. Where else will you practice everything from routine care to treatment of unique cases you'll find only at VA? What you may not know after your rotation, internship, or residency are the ample benefits of moving from your training into a full-time VA position.

As one of the Nation's largest health care systems, there is likely to be an opportunity for you at VA. Your VA employment is facilitated by our policy that one state license or certification qualifies you for work in every state, Washington, DC, and Puerto Rico. Moreover, VA can offer unrivaled benefits, many of which are not available anywhere else.

"Since the day I arrived as an intern, I have been inspired by VA's commitment to excellence in research and clinical care. I'm so excited to continue my work here as a full-time psychologist. I work with professionals who are at the top of their field, and I look forward to following in their footsteps."

— Shilo Tippett, Ph.D.
PTSD Outpatient Clinic



- Highly competitive salaries
- Generous vacation, sick time, and 10 Federal holidays
- Opportunities for advancement in a wide range of practice options: clinical, leadership, research, education, and national policy development
- Interdisciplinary care-team approach in many clinical positions
- Mentoring and orientation programs
- National mail groups and Web boards that aid in peer networking and support
- Debt reduction and scholarship programs
- Medical, nursing, and allied health school affiliations
- Valuable on-the-job training, experience, and continuing education
- Fair and flexible scheduling
- Hi-tech, cutting-edge facilities
- Liability coverage
- Practice based on care needs, not ability to pay
- Health, life, and retirement packages
- Free parking at most facilities

Learn more about the benefits specific to your career by visiting www.VAcareers.va.gov.



VA – The career you want, the future you deserve

1-800-949-0002

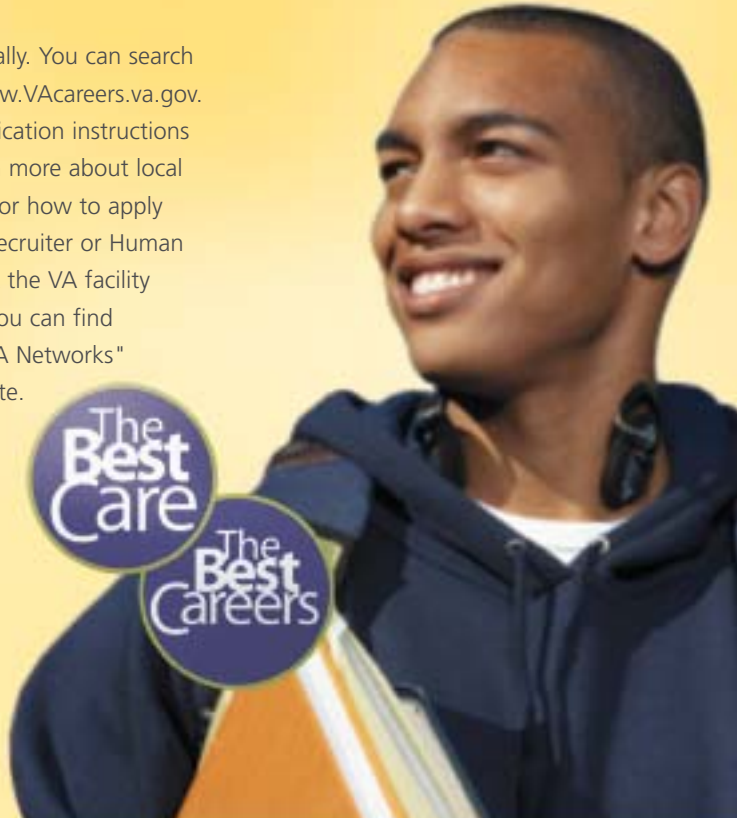
www.VAcareers.va.gov

VA is revolutionizing health care each and every day. Be a part of a groundbreaking team. Join VA.

VA hiring decisions are made locally. You can search for open positions by visiting www.VAcareers.va.gov. Job announcements include application instructions specific to each position. To learn more about local hiring procedures, job openings, or how to apply for a position, contact the local recruiter or Human Resources Management Office at the VA facility where you desire employment. You can find a listing of VA facilities in the "VA Networks" section of the VA Careers Web site.

Employment information can also be obtained by calling 1-800-949-0002 or writing to:

Department of Veterans Affairs
Placement Service
1555 Poydras Street, Suite 1971
New Orleans, LA 70112



1-800-949-0002

www.VAcareers.va.gov



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