



Turn Your Passion for STEM Into a Career in Health Sciences

What does a career in health sciences look like?

A career in health sciences might mean:

- Improving treatments and finding cures
- Caring for patients directly
- Developing new medicines or technologies
- Gaining new insights into health and development
- Promoting healthy communities
- Supporting healthcare teams behind the scenes

Career options are diverse, examples include:

- Doctors, nurses, dentists and pharmacists
- Researchers
- Psychologists and counsellors
- Public health professionals
- Physiotherapists and occupational therapists
- Medical laboratory professionals
- Biomedical engineers and health technology professionals

What about medical school?

Getting into medical school is very competitive, so it's important to stay open to different career pathways. Along the way, you may discover new opportunities that match your interests and strengths.

Example of Canadian Medical School Pathway:

1. Undergraduate degree (4-5 years)

Students typically complete a bachelor's degree before applying to medical school. You may also complete a master's degree while preparing to apply to medical school.

2. Write the MCAT & apply to medical school (3-6+ months)

3. Medical school (3-4 years)

4. Residency training (2-7+ years depending on your speciality)

Graduates apply for residency training through the Canadian Resident Matching Service

- Resources:**
- [Future MD Canada](#)
 - [Plan a Career](#)
 - [Careers in Medicine](#)
 - [UBC Faculty of Medicine](#)



Programs for Indigenous Students:

- [seed2STEM](#)
- [YWCA BC Indigenous Mentorship](#)
- [UBC Summer Science Program](#)
- [VJKE](#)
- [UBC CEDAR Camp](#)

How do I prepare for a career in health sciences?

By building academic skills, gaining experience, and exploring your interests.

Explore post-secondary pathways

Health sciences includes many different education pathways, including university, professional schools, and college programs. Explore school and program websites to learn about admission requirements and opportunities that match your interests and goals.

Focus on your classes and building foundational skills

Taking STEM classes can help prepare you for many careers while building skills such as:

- Critical thinking
- Problem solving
- Teamwork
- Time management
- Leadership
- Attention to detail
- Communication

Participate in a program at BC Children's Hospital Research Institute

Join our researchers and health professionals to [learn more about careers in health sciences](#).

Look into other programs focused on career exploration

Reach out to local universities and health organizations to learn about workshops, lectures, camps, mentorship programs or open houses for students.

- [SHAD Canada](#)
- [St. John's Ambulance](#)
- [Genome BC Geneskool](#)
- [Let's Talk Science | StemCellTalks](#)
- [Future Science Leaders](#)
- [SCWIST](#)
- [UBC Geering Up](#)
- [SFU Science Outreach](#)
- [BCIT Horizons](#)

Register for a science fair

Explore research and build your presentation skills.

- [Canada Science Fair](#)
- [Science Fair Foundation BC](#)

Volunteer with a community health organization

- [BC Children's Hospital](#)
- [BC Women's Hospital](#)
- [Fraser Health](#)
- [Providence Health Care](#)
- [Ronald McDonald House](#)
- [BC Cancer Agency](#)
- [Vancouver Coastal Health](#)
- [Canadian Blood Services](#)
- [Canucks Place Children's Hospice](#)

Get involved with the health science community

Be part of a youth advisory group or participate in research to learn more about healthcare and community perspectives.

- [KidsCan](#)
- [Youth Advisory Council](#)
- [IHDCYH](#)
- [BC Children's Hospital Research Institute](#)
- [Vancouver Coastal Health Research Institute](#)
- [REACH BC](#)

Seek extracurricular opportunities

Build foundational skills that will support success in many different career pathways.

- [UBC edX Courses](#)
- [MIT OpenCourses](#)
- [Coursera](#)
- [Khan Academy](#)
- [Free Code Camp](#)
- [TEDEd](#)

Stay curious!

Read about STEM topics, listen to podcasts, ask questions, and explore what interests you!

Passionate about science and health research?

Explore the 2026/2027 programs presented by
BC Children's Hospital Research Institute



PATHWAYS TO SCIENCE

What: Explore career pathways while building foundational science skills. *Format: Lecture*

Who: Grades 11-12 students (BC & Yukon)

How: [Sign-up anytime](#)

Where: Online

When: 10 Mondays | 5:00 – 6:00 pm

- Sept 21, 2026 | Oct 5, 2026
Nov 2, 2026 | Dec 7, 2026 | Jan 4, 2027
- Feb 1, 2027 | March 1, 2027 | April 5, 2027
May 3, 2027 | June 7, 2027

Attend only the lectures that interest you.
Attend 7 sessions and receive a certificate



MINI MED SCHOOL

What: Discover the latest advances in medical research. *Format: Lecture*

Students in the program can apply for a scholarship that includes funding and an optional career placement.

Who: Grade 12 students (BC & Yukon)

How: [Apply between Sept 28 to Oct 4, 2026](#)

Where: BC Children's Hospital, Vancouver OR Online

When: 4 Thursdays | 6:30 – 8:00 pm

- Nov 5, 2026 | Nov 12, 2026
- Nov 19, 2026 | Nov 25, 2026

Attend all sessions and receive a certificate

Need more flexibility? Mini Med School Self-Directed lets you watch recordings and earn a certificate. [Sign up anytime!](#)



What: Uncover careers in medicine and health sciences. *Format: Lecture, Workshops & Career Panel*

Who: Grade 10-12 students (BC)

How: [Apply September 2026](#)

Where: BC Children's Hospital, Vancouver

When: Nov 6, 2026 | 9:00 am – 3:00 pm

WOMEN IN SCIENCE

What: Connect with mentors who are leading innovative research and discovery. *Format: Networking*

Who: Grade 11-12 students (BC & Yukon)

How: [Apply between Jan 11 to Jan 20, 2027](#)

#1: Where: Online

When: Feb 10, 2027 | 6:30 – 9:00 pm

#2: Where: BC Children's Hospital, Vancouver

When: Feb 11, 2027 | 6:30 – 8:00 pm

Attend either event and receive a certificate



SCIENTIST FOR A DAY

Examine the science behind medicine and how research is shaping the future of care. *Format: Lectures, Workshops & Career Panel*

Who: Grade 10-12 students
Vancouver Island students only

How: [Apply starting Feb 1, 2027](#)

Where: Coast Discovery Inn, Campbell River

When: April 9, 2027 | 8:30 am – 2:30 pm

Attend and receive a certificate

Each year, we bring our programs to new communities. In 2027, we're excited to visit Campbell River!