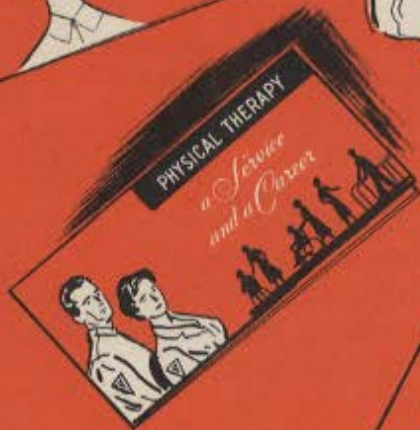


81.21 F98

four futures



UNIVERSITY OF NEBRASKA
LIBRARY
SEP 20 1956
DICKENS LIB
ROOM

*pick a professional career
and
plan with purpose*

ms/32/2/2 54

this booklet is for you

*when you are planning ahead
for what comes "after graduation"*

You'll want to look at these Four Futures and consider carefully whether you can qualify and should plan to enter one of these professions.

If so, you will want to start now to take the courses that will prepare you for your choice.

To help you plan for your future, the United States Department of Defense has prepared this booklet with the cooperation of the

American Dietetic Association
American Nurses' Association
American Occupational Therapy Association
American Physical Therapy Association
National League for Nursing

Important: Throughout this booklet you will note that two words appear frequently—"approved" and "accredited." They hold great meaning for the girl or young woman who is looking forward to a professional career. Be sure that you consider only "approved" and "accredited" schools and training centers as you plan ahead for your future.

**what do you
want in
your future?**



Have you ever looked in a mirror and wondered what you will look like in the future? What kind of a person that mirror will reflect? Whether you will see a happy face, a successful person who knows the satisfactions of a rich, exciting and rewarding life?

It is difficult to create that picture of the *you* of the future by looking into the mirror, isn't it? Yet, it is within your power to make that *you* of the future the kind of person you want her to be—the kind of person you'll be pleased to face at your dressing table every morning in the years that lie ahead.

What do you want in your future? Probably, like most young women of today, you want your life to be *worthwhile*. You want to feel that you are performing some useful service in this world where so much needs to be done. You want an exciting life—rich in experiences and in friendships. You want security—and one based on your own self-sufficiency, when that is called for. And, of course, you probably want a husband—a home—and a family.

What can you do now to make your dreams of the future come true? You can begin to chart your course today. You can take measure of your own self—your likings, aptitudes and abilities. You can carefully look at the opportunities and careers that are open to women. You can choose a career that counts—a professional career. And then, you can plan with purpose—that your future may hold what you want and your mirror reflect the **YOU** that you wish to be.

what lies ahead with a professional career?

As you and your classmates are talking about futures, some of you will decide to become professional members of the medical team. The young woman who ultimately makes the grade and emerges a professional woman is a highly selected person. And she will enjoy a special prestige which will remain with her throughout her life.

What lies ahead with a professional career depends largely upon what the young woman entering that field wants. Professional training lasts for life!

Professional training goes with you wherever you go! The professional woman who has "the travel bug" usually has little difficulty in finding a job in that distant land of her dreams.

Hard work, too, lies ahead with a professional career—and devotion. With these come the satisfaction of being in a career that counts, and making your life count, too, in service to humanity.

Four futures—all of them professional careers—are discussed in the pages which follow. Many types of positions are described for each of these professions. New and exciting avenues are opening every day to the professional woman. With the rapid developments in the field of science, with the world-wide activities and the new concepts of governmental, business and social responsibilities, there is no boundary to the opportunities that lie ahead with a professional career.

do you have what it takes for a professional career?

Test yourself, by asking:

- Do I have a genuine liking for people, and a deep desire to help them? _____
- Do I have a friendly personality which will enable me to "reach" them? _____
- Do I work well as part of a team? _____
- Do I have good health, physical stamina and emotional stability? _____
- Do I possess patience and tact? _____
- Do I have an intellectual curiosity and a real interest in health and medical care? _____
- Am I interested in the scientific reasons for things? _____
- Do I have a cheerful disposition and a sense of humor? _____
- Am I a responsible, dependable, adaptable person? _____
- Do I exhibit poise and good judgment? _____
- Do I have both a warm and an objective attitude towards illness and disability? _____

Your score now may not be—probably isn't—100%, but you should be able to answer "yes" to most of these questions. If your answer is "no" now—do you think you can successfully cultivate that missing characteristic so that you will "have what it takes" when the time comes? This must be your aim.

Know yourself and know your interests and aptitudes—then review these "Four Futures" as you plan for your career.



*"I like caring for the sick and
helping people to be well"*

...look ahead to the **Nursing Profession**

There is an urgent, constant and continuing need for professional nurses—which will unquestionably continue for many years to come.

Opportunities Unlimited exist for the professional nurse of today and tomorrow. Professional nurses are always needed to care for the sick and injured in hospitals and private homes.

However, society is constantly discovering many additional contributions which the professional nurse can make. Thus the young graduate nurse will find an almost limitless range of opportunities in many new and rapidly expanding areas of nursing.

Public Health Nursing for public health agencies such as the U.S. Government health services, state and county health services, the American Red Cross, the Veterans Administration, the U.S. Armed Services and the United Nations World Health Organization;

Industrial Nursing in plants, factories and business concerns;

Health Services in Foreign Countries with our American legations and embassies overseas and other governmental interests abroad, as well as in the foreign branches of our great industrial companies;

Nursing Education which appeals to the professional nurse who likes to teach, offering her an opportunity to impart her knowledge and skills to others;

Nursing Administration for the professional nurse with executive ability and a flair for management;

Writing and editorial positions for professional nurses who are skilled in journalism, with professional nursing journals, publishers of nursing text-books, and the popular press—newspapers and magazines—always eager to print authentic and interesting nursing articles.

"Will I have a chance to specialize?"

Yes, as a graduate professional nurse, many opportunities await you to specialize in one of many clinical specialties including pediatrics, obstetrics, orthopedic, surgical and psychiatric nursing. You will not only be encouraged, but you will be urged to take postgraduate work in the clinical specialty of your choice at the earliest opportunity, as an urgent need for specialists exists in these and many other areas. Professional nurses in military service may apply for special graduate courses and, if accepted, will be trained at government expense plus their full pay as officers.

"When should I begin my training?"

First you should finish high school, as a high school diploma is the minimum educational requirement. And keep your scholastic average high, as most approved nursing schools give prefer-

ence to applications from high school graduates who finish in the upper half to upper third of their graduating class. Choose subjects which will be required or helpful in your nursing course, such as sciences, including chemistry and biology, foods, general mathematics and algebra, geometry.

"How long will it take

... to become a Registered Professional Nurse?"

You may want to choose the three-year diploma program offered by a hospital school of nursing. Or you may set your goal for a B.S. degree along with your R.N. by selecting a four- or five-year degree program in a college or university. Your nursing education will combine many subjects, many experi-

ences in the classroom, laboratory and in the various clinical nursing fields. Upon completion of either the diploma or degree program you are eligible to take the state board examination so that you can be licensed to practice as an R.N.

"Once I have my R.N.

... am I 'On My Own?'"

No. Although you will have little or no difficulty in acquiring your first nursing position, as there are so many more positions open than there are professional nurses to fill them, as a graduate registered nurse, you will be eligible to join your professional organizations, the American Nurses' Association and the National League for Nursing.

The American Nurses' Association is

A graduate professional nurse makes hospital ward rounds with the doctor, keeping the records for him as he checks on the progress of patients.



ready and eager to go to work for you, as it is constantly striving to maintain high standards of nursing and to achieve mutual benefits for its members and the public.

The National League for Nursing, through its state and local branches, brings together the many individuals, agencies and civic groups which are concerned that their community have the best nursing care. As a League member, you will join with community leaders, professional and practical nurses, men and women from other health fields, to plan and work for the improvement of nursing services and education which will make that top nursing care possible.

"Where Shall I Write for more information on becoming a Professional Nurse?"

For a list of schools of nursing approved by the State Boards of Nurse Examiners and other information, write to:

Committee on Careers
Dept. C. D.
National League for Nursing
2 Park Avenue, New York 16, N. Y.

For information about a particular school of nursing, address your inquiry to the Director of the School of Nursing of that particular school or hospital who will tell you about the school's entrance requirements, tuition costs and scholarships available.

A hospital patient's happiest hour is meal time. Here the dietitian makes rounds to be sure this diet she planned is "what a man likes to eat."





*"I'm interested in food and
what it does for people"*

... look ahead to the **Dietetic Profession**

If you have an appreciation of good food attractively served, and a keen interest in its nutritional value as it affects the health of people, dietetics is the career for you!

The Field Is Broad for dietitians and nutritionists, with a wide range of employment opportunities including the management of a food service, dietetic research and community nutrition. The principal fields of service are:

Hospital Food Services where dietitians are important members of the medical team in civilian and military institutions. They direct activities in the production and service of food for patients and hospital personnel. They plan modified diets for the individual needs of patients, as may be prescribed by doctors. And they guide and teach the patients who come to the hospital clinic for treatment.

Hospital dietitians also instruct employees and, in some hospitals, student nurses and dietetic, medical and dental interns, in the principles of diet and nutrition.

Community Nutrition is another important field in dietetics, offering interesting and rewarding positions to the graduate dietitian in city and state health departments, private agencies, the American Red Cross, as well as food and nutrition writing and editorial positions with newspapers and magazines.

Dietetic Research is a challenging career for the graduate dietitian, affording numerous opportunities for service with foundations, associations of commercial firms, universities and colleges, experimental stations and medical schools, centers and clinics.

Food Administration offers many interesting and enjoyable positions for dietitians in college residence halls, school lunchrooms, restaurants, cafeterias, hotels and tea-rooms. Dietitians also supervise food service in industrial plants and institutions, as well as for airlines, railroads and steamship companies.

Commercial Opportunities for the dietitian who enjoys working in the business world include positions with utility companies, advertising agencies servicing food and food equipment accounts, as well as radio and television stations and networks.

Consultant Service for all of the above fields offers dietitians many unusual opportunities for full or part-time positions in their special areas of interest and knowledge.

**"Will I need a college education
... to become a Dietitian?"**

Yes, to be a dietitian you must have a degree from an accredited college or university with required courses in physiology, bacteriology, chemistry, nutrition, storage and handling of foods, operation of equipment, food buying

and preparation. For these courses you will be registered in the Department of Home Economics. You should also have required courses in psychology, social sciences and the principles of teaching.

After graduation, you must also serve an approved dietetic internship.

"What is a dietetic internship?"

A dietetic internship is a one-year training period approved by the American Dietetic Association during which you relate the things you learned in college about food and nutrition to practical situations. You gain further knowledge through classwork and experience. There are three types of internships—hospital, administrative and food clinic.

If your internship is served at an institution which is affiliated with a college or university, you may take advantage of the graduate credit which it will grant you for your year's class work. This credit will contribute materially toward the earning of an advanced degree.

If you have completed the academic requirements but not the internship, and desire to enter military service, you may apply for the approved Hospital Dietetic Internship program offered by the military services. If accepted for this training you will be commissioned, and serve your dietetic internship while earning the full pay of an officer.

"Who will help me find a position ... once I become a Dietitian?"

Upon completing your dietetic internship you will be a full-fledged dietitian and eligible to wear the membership pin of the American Dietetic Association. This membership will serve in lieu of a certification or license, and employers rely upon it as a guarantee of your adequate preparation for a responsible dietetic position.

The American Dietetic Association, through its placement service, as well as members of state and local dietetic associations, stand ready to help both the young graduate and experienced dietitians and nutritionists find good positions. The American Dietetic Association safeguards the standards of the dietetic profession, and aids its members in numerous ways.

"Where can I find more information

... on how to become a Dietitian?"

The American Dietetic Association will gladly furnish you full information, including lists of academic requirements, approved colleges and universities offering dietetic courses, and institutions offering approved dietetic internships. Just address your letter of inquiry to:

The American Dietetic Association
Dept. C. D.
620 North Michigan Avenue
Chicago 11, Illinois



"I'd like to help people help themselves in their own recovery from sickness or injury"

... look ahead to the profession of **Physical Therapy**

"What is Physical Therapy?"

Physical Therapy is a profession which offers you an opportunity to help those disabled as a result of injury or disease to become self-sufficient, self-respecting and self-supporting citizens.

In helping the patient to overcome his physical disability, the physical therapist, another vital member of the health team, under the prescription of a qualified physician, uses therapeutic exercise, various types of heat, water, light, electricity and massage.

Physical Therapy also includes teaching, as patients and relatives must be instructed in exercise routines and treatment procedures which can be followed in the home.

"Is Physical Therapy a new profession?"

Physical Therapy came into its own as a specialized profession within the medical field during World War I when it was used to speed the recovery of soldiers wounded in battle. Since that time, persons who have been injured in accidents as well as those who have had diseases such as polio, cerebral palsy, arthritis, and multiple sclerosis, have been helped by physical therapy. The physical therapist knows that because of her skill a young man who lost his legs in the war has been helped to walk again and lead a normal life; a child born with cerebral palsy is enabled to go to school with other chil-

In a military hospital, this graduate physical therapist helps her patient with underwater exercises—part of the treatment which frees him from pain and will help him to walk again.



dren; a woman who has had a stroke returns to her family as a capable homemaker once more instead of living out her life as a helpless invalid. Millions of patients now need physical therapy and in the years ahead the need for physical therapists will be greater than the number available.

"Where will I work

... as a Physical Therapist?"

As a graduate physical therapist you will have "opportunities unlimited" — you may choose one of a great many interesting and challenging positions, including children's hospitals, schools for handicapped children, veterans' hospitals, private or general hospitals, rehabilitation centers, physicians' offices, public health work, or as an officer in the Physical Therapy Section of one of the Medical Services of the Armed Forces.

"How much training will I need

*... to become a
Physical Therapist?"*

In order to become a qualified physical therapist you must have been graduated from a school offering a course in physical therapy which is approved by the Council on Medical Education and Hospitals of the American Medical Association.

In High School . . .

Take a college preparatory course. Social, biological, and physical sciences and mathematics may be helpful, but don't ignore art, music, and literature. Remember you are preparing to be a professional person, not just a technician.

When you graduate from High School . . .

1. Enroll in a college or university which offers a 4-year program leading to a baccalaureate degree with a major in physical therapy, or—
2. If it is more convenient, you may attend a regionally accredited college, university, or junior college for 2 years, transferring for your last 2 years to a school offering the approved physical therapy course. For help in planning your last two years of college be sure to get in touch with the Director of the Physical Therapy Course which you later plan to attend so that all the necessary prerequisites are included.

If you are a College Student . . .

Communicate with the Director of the Physical Therapy Course from which you would like to be graduated for information on completing your work. In most cases, a student who has completed 2 years in an accredited college or university can complete the physical therapy education and requirements for a Bachelor's degree within another 2 years.

If you are a College Graduate . . .

and have the necessary prerequisites in physical, social and biological sciences, you can become a qualified physical therapist upon the completion of a certificate course which will usually take 1 year.

If you are a college graduate with the necessary prerequisites, or if you are within 1 year of completing your physical therapy course, you may apply for the 12-month physical therapy courses offered by the Army, Navy and Air Force. If accepted, you will be com-

missioned and receive training while earning the pay of an officer.

**"Is there an organization
...for Physical Therapists?"**

Yes, the official organization which you may join as a qualified physical therapist is The American Physical Therapy Association. This well-organized group serves the interests of its members and the profession through: maintaining a placement service for members and employment agencies; distribution of informational material and scientific reprints; providing consultant service in the office and the field; maintaining close cooperation with the medical profession and allied organizations concerned with rehabilitation of the disabled.

**"Where can I learn more
...about becoming a
Physical Therapist?"**

For a list of schools offering courses in physical therapy approved by the Council on Education and Hospitals of the American Medical Association and for other general information, send your letter of inquiry to:

The American Physical Therapy
Association
Dept. C. D.
1790 Broadway
New York 19, New York

For information concerning a particular school, write to the Director of the Physical Therapy Department of that school regarding entrance requirements, tuition costs and scholarships available.



*"I enjoy creative activities
and helping people"*

... look ahead to the profession of **Occupational Therapy**

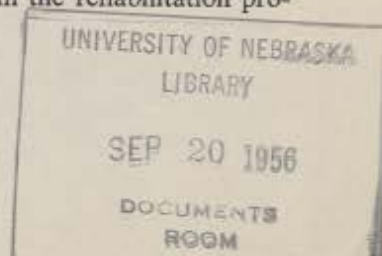
**"What does an Occupational
Therapist do?"**

The occupational therapist has a job on the medical team using the arts with science. The principle applied is "curing by doing." The activities are prescribed by a doctor and the occupational therapist must help the patient do them. All sorts of skills—creative, manual, educational and recreational are a part

of this restorative program for the sick, injured and disabled.

**"Do all Occupational Therapists
work in hospitals?"**

No, although the greatest field of opportunity and usefulness for the qualified occupational therapist is found in public and private hospitals. It is a valuable treatment aid in the rehabilitation pro-



grams of more than 700 Army, Navy, Air Force, Veterans' and Public Health Services.

As a registered occupational therapist you will find many additional opportunities in community workshops, rehabilitation centers, schools for the handicapped, homes for the aged, the deaf and blind, and psychiatric hospitals, all of which employ occupational therapists in their programs of help and self-help.

"What qualifications do I need

*...to become an
Occupational Therapist?"*

To become a most successful occupational therapist you should have an academic interest in the sciences and in arts, crafts or recreational activities.

"Must I be a College Graduate

*...before I start my Occupational
Therapy training?"*

No. Young men and women between the ages of 18 and 35 may apply for enrollment at different educational levels in schools of Occupational Therapy approved by the Council on Medical Education and Hospitals of the American Medical Association. Eventually, however, you will need to obtain a college degree or its professional equivalent before you can complete your Occupational Therapy course and become a registered Occupational Therapist. Perhaps the most direct route to follow is this: upon graduation from high school, enroll in an accredited college or university, preferably one which has a school of Occupational Therapy or offers equivalent courses. The emphasis in your work will be on physical sciences, sociology, psychology, and creative arts, crafts and skills. Following graduation you will need to complete a one-year course of clinical training for your certificate in Occupational

Therapy. You are then eligible to take the National Registration Examination.

"Is there any short cut

*...to becoming an
Occupational Therapist?"*

No, but there are several variations in the route. For instance, if you are already a college graduate, or trained in teaching, nursing, industrial arts, physical education or other allied fields, you may be accepted for a course in Occupational Therapy.

The Medical Service of the Army, Navy, and Air Force offers the opportunity for you to receive certain portions of your training while serving as an officer in the Armed Services.

"Can I become a member

*...of a professional Occupational
Therapy organization?"*

Yes, and it will be to your distinct advantage to do so as soon as you are eligible. The name of your professional organization is The American Occupational Therapy Association. Its objectives are to: promote the use of occupational therapy; advance standards of education and practice; encourage research; and engage in other activities advantageous to the profession and its members.

Your official organization can help you find your first position as well as later ones, should you desire a change of work or locale, for it maintains a registry of, and gives free job information to, registered occupational therapists.

"Who can tell me more

*...about how to become an
Occupational Therapist?"*

You should first obtain a list of the schools offering Occupational Therapy courses which are approved by the Council on Medical Education and Hos-

pitals of the American Medical Association. You can receive this list and other important general information by writing to:

The American Occupational Therapy
Association
Dept. C.D.
33 West 42nd Street
New York 36, New York

After you have received this information and have studied the requirements and courses offered by the various approved schools, you can write directly to the Director of Occupational Therapy of one or more of the schools you would most like to attend, for more detailed information such as tuition costs, housing facilities and scholarships available.

This Occupational Therapist cheers on her 7-year-old patient as he trains himself to control muscular tension, using modern therapy devices.





**you
can serve
your
country
too . . .**

As a professional woman in the Armed Services you will be an important officer member of the medical team which is dedicated to one of the highest callings—restoring the health and well-being of our nation's finest young men and women who have become ill, wounded or injured while serving in the defense of our nation; and in safeguarding and maintaining the health of the millions of men and women and their families who are in military service.

You will serve in well-equipped hospitals located at strategic and interesting places throughout our nation and all over the world. You will have opportunities to specialize or work toward an advanced degree in the profession of your choice, at government expense and on full pay as an officer in the medical service.

You will enjoy the satisfaction of knowing that your work is important, urgently needed, and interesting. And you will have the assurance of security: for while you are in the service, you will receive free medical, dental and hospital care whenever you need it. If you choose a career in the Armed Services, you will enjoy added security advantages in your future—such things as veterans' benefits and a retirement income after the required length of service.

Perhaps the greatest satisfaction of all will be the knowledge that because of you, many of our nation's finest men have been returned to civilian life with their health maintained, restored or greatly improved, and are self-supporting, self-respecting, useful American citizens.

Navy



Air Force



Army



The profession of your choice

...offers many Special Opportunities

Professional Nurses in the Armed Services have unusual opportunities to specialize in anesthesia, pediatrics, obstetrics, administration, neuropsychiatry, nursing education, flight nursing and many other special fields.

Nurses in the Army, Navy and Air Force enjoy recognition as important members of their nation's military health team. In this capacity they are important links in the chain of medical service which extends from the front line of battle during wartime, back through the great general and special hospitals in the U.S.A., and finally into the homes of grateful men and their families, whose health and well-being they have helped to safeguard or restore.

Dietitians in the Armed Services can expect to progress through a wide variety of interesting assignments in hospitals in the U.S. and overseas. Positions will be of increasing responsibility as the individual officer demonstrates her ability to fill them.

Dietitians in the Armed Services are responsible for the food service in U.S. military and naval hospitals throughout the world. They enjoy the deep satisfaction of knowing that they contribute greatly to the treatment of our hospitalized service men through well-prepared and attractively served meals that meet the standards of good nutrition and are suited to specific needs of the individual.

Physical Therapists in the Armed Services can expect to progress to in-

creasingly responsible assignments in military and naval hospitals located within the U.S. and overseas.

Few careers for women are more deeply rewarding than Physical Therapy. To know that your particular skill and knowledge have helped a man who has become incapacitated while serving his country, to learn to walk or use his hands again, to regain confidence in himself and lead a normal life, is but one of the many lasting satisfactions you will earn and enjoy as a physical therapist in the Armed Services. You will serve under the direction of skilled military medical officers, most of whom are specialists, in military and naval hospitals at home and abroad which have the finest of new equipment and physical facilities.

Occupational Therapists in the Armed Services are both medical specialists and "teachers." Their "students" are patients, most of whom have become disabled while in military service. By using and teaching a variety of creative and manual activities, the occupational therapist helps to speed these patients' recovery, and rehabilitate them into useful and self-confident citizens.

As an occupational therapist in the Armed Services you will be assigned in accordance with a planned, rotating, progressive pattern, through various medical installations, principally large military or naval hospitals located near metropolitan areas in the U.S., or to military or naval hospitals overseas.

look ahead with wisdom . . .

you'll look back with pride!

if

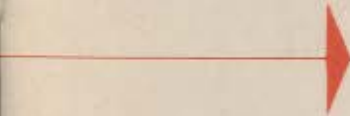
- you have a keen eye to the future—
- you are a young woman with a “special” heart—
- you are imbued with a spirit of service to others—
- you have a burning desire to help where you are most urgently needed—

in fact, if you want to be sure you have chosen the right career, if you want to make your own life count most, by engaging in the most important, worthwhile work any woman can do— in the skilled care of the sick and disabled, then . . .

... a professional career is for **YOU!**

Pick your profession and plan with purpose—beginning now. You'll never regret making your important decision. You'll take pride in the prestige of being a professional woman. And you'll find that nothing you learn in training is ever lost. As you use your skills in caring for the sick, whether your own loved ones or others, you will be adding experience to your rich store of knowledge. Thus you will constantly keep on learning and growing.

If you are *ready* to serve, *willing* to serve, *able* to serve, you'll look back with pride to the day you decided to become a professional woman. You will have the satisfaction of knowing that because of you, many people were helped to regain their most valuable worldly possession—their health; and the suffering of many others was eased. What greater rewards and satisfactions could you ask for, both in your immediate future and throughout your entire lifetime?



Look ahead with wisdom, now—and as a professional woman later you will, indeed, look back with pride.

