WHAT MAKES SONOGRAPHY UNIQUE AT ST. KATE’S?

- St. Kate’s sonography program is one of two institutions in the upper Midwest that prepares students for advanced-level practice with a Bachelor of Science degree.
- St. Kate’s sonography students benefit from having superior clinical sites in major medical centers located within the Twin City metro area and outstate, allowing students to integrate their clinical learning with classroom instruction.
- Sonography students benefit from the unique component of Inter-professional Education courses, which guide students to work effectively as a health care team member with other health care professionals.
- Students benefit from small class size and close, supportive relationships with faculty known for providing relationship-centered education. The program boasts rich diversity among its students.
- We use a one-to-one student and preceptor/practitioner model for teaching. You will work side-by-side with an expert in the field to develop hands-on lab scanning clinical skills. As a Sonography major, you will experience approximately 1200 hours of clinical experience that prepares you for general sonography upon graduation.
- Graduates of this program are well prepared to provide excellent patient care and influence the quality of health care services in diverse practice settings.
- Majors will benefit from highly qualified faculty who are experts in their fields and specialize in a number of areas including abdominal, OB/GYN, and Vascular. Faculty are active in the field and actively involved with professional organizations such as the Minnesota Society of Diagnostic Ultrasound (MDSU) and the Society of Diagnostic Medical Sonographers (SDMS).
- Sonography students from St. Catherine University will graduate with leadership skills positioning them for management positions.
- St. Kate’s Sonography graduates are above the national average passing the registry exams to become a registered sonographer.
Attend the First Year Success Seminars (FYSS) during the fall to learn important information and skills that support college success.

Meet with your financial aid counselor to review your financial and academic plan in order to complete your degree in the time frame you have identified.

Connect to the University through the New Student Orientation program.

Participate in programs offered through Community Work and Learning including off-campus student employment, the Assistantship Mentoring Program and/or enroll in a course that offers a service-learning component.

Attend an event at The O'Shaughnessy — one of the Twin Cities' premier theater venues right on campus!

Sign up for volunteer opportunities within healthcare settings including hospitals and nursing homes. Develop strong interpersonal skills as well as a comfort level in working with patients. You need a minimum of 80 volunteer hours to apply to the Sonography program. Contact Susan Trelstad, Department Chair, sdtrelstad@stkate.edu, for information on volunteer opportunities with partner organizations located in the Twin Cities.

Contact Career Development for names of sonography alumnae and arrange to conduct informational interviews to expand your knowledge of their day-to-day work.

Strengthen your writing and math skills at the O’Neill Center for Academic Development.

Meet with your financial aid counselor to review your financial and academic plan in order to complete your degree in the time frame you have identified.

Register for 16 credits each and every term to graduate in 4 years if you are beginning your academic college career at St. Kate’s. A January or summer course is a sure way to complete on-time.

Consider ways to connect your Sonography major and interests to your future career plans

Apply for student employment, internships and jobs. Start by logging in to Katie-Career and completing your profile. You’ll need a résumé and cover letter to apply; Career Development can help you with this.

Learn about St. Kate’s mission of social justice

Take advantage of opportunities in The Center for Spirituality and Social Justice: sing, play an instrument or perform liturgical dance. Explore faith-in-action through volunteer work or participation in a Justice Learning and Outreach trip (January or March). Contact Center for Spirituality and Social Justice.

Attend the annual Myser Initiative on Catholic Identity lecture to hear from noted Catholic speakers.

Develop a daily practice of reflection and mediation. Take advantage of the campus environment, grounds, Chapel, or other spaces you find solace.

Act on St. Kate’s commitment to justice through service-learning opportunities such as Volunteers in Action, Justice Learning & Outreach trips coordinated by the Center for Spirituality and Social Justice, and off-campus student employment such as America Reads coordinated by the Center for Community Work and Learning. Review courses offered each term that offer a service-learning component.

Get Involved in Campus Life

Attend the annual Activities Fair in September. Join a club that captures your interests!

Attend an event at The O’Shaughnessy — one of the Twin Cities’ premier theater venues right on campus!

Develop financial management skills; attend the college-wide, Money Management speaker series or register for the 2-credit course, Personal Financial Fitness, (designed for first and second year students).

Become an active member of a club and/or organization that captures your interests.

Participate in programs offered through Community Work and Learning including off-campus student employment, the Assistantship Mentoring Program and/or enroll in a course that offers a service-learning component.
Suggestions for making connections to your developing career goals.

“We live St. Catherine’s mission everyday … the mission statement is part of our daily discussions in the classroom and is realized in the clinical experience with underserved populations.”

Susan Trelstad, Assistant Professor & Department Chair

ACADEMIC AND ADVISING CONNECTIONS
- Attend the Second Year Celebration as a second-year student at St. Kate’s. This is an important initiation event for scholars at St. Catherine University.
- Make sure you are following the Sonography Program planning document. Meet with department faculty to ensure you are on the right track.
- Talk with staff in the Office of Global Studies to plan a study-abroad experience. Get in touch with Global Studies early on to identify programs that will best fit into your academic planning. J-term and summer opportunities are also available.
- Take advantage of the faculty’s “open-office-door” policy. Stop in to learn about course offerings and share your specific interests. Ask your advisor about a double major the possibilities of integrating your interests with another major at St. Kate’s.
- Visit the various websites of the Sonography department’s Clinical Affiliates and learn about the organization you will be involved in. Research the facilities and, in particular, the sonography departments.
- Strive to earn a strong GPA to be accepted into the Sonography program and the Antonian Honor’s Program, be recognized on the Dean’s List, and to be considered for prestigious postgraduate scholarships and fellowships, and other University honors and awards.
- Once you are officially accepted into the program during spring term, officially declare your major. Go to KateWay, “Campus Resources,” Link to Office of the Registrar, then “Fill Out a Form.” Click on “Forms for Students.” Choose “Change of Major Form: College for Women.” Complete the online form to declare your major before reaching junior status (60 credits). Complete a Degree Evaluation, then meet with your advisor to identify which major, minor, liberal arts core and other graduation requirements you have left to complete.
- Check in with your financial aid counselor to review your status of your financial and academic plan.

SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT
- Enroll in a service-learning course (designated on the course schedule). Apply classroom theory to practice.
- Attend the Chili and Cornbread events offered in the Multicultural and International Programs and Services (MIPS) office to discuss important and engaging topics on diversity and inclusion.
- Take time away to reflect and deepen your faith by participating in the Fall Overnight Retreat and/or Lenten Retreat in the spring

LEADERSHIP DEVELOPMENT AND STUDENT EMPLOYMENT
- Build your leadership skills. Take a leadership role in Student Senate, the Sonography Club or other organization, LEAD Team, Students Who Are Parents (SWAP), Social Events and Experiences for Katies (SEEK). Serve as a Student Center building manager, an Orientation Leader or in other campus employment positions.
- Consider serving as a teaching assistant, research assistant or program collaborator in the Assistantship Mentoring Program (AMP) with faculty in the department. Expand your degree and your résumé by participating in this unique program. Contact AMP staff in Center for Community Work and Learning, x8642.

Applying to the Major:
All students must apply to enter Sonography major during their second semester of their sophomore year. Applications are available through the department.

Admission is contingent on:
- Successful completion of prerequisite courses (C or above) with a GPA of 3.25 in those courses; no courses can be taken S/U
- If a prerequisite course grade is C- or lower, this course (or an alternative course approved by the Program Director) must be repeated no more than once. Student may have only one withdrawal (W) in a prerequisite course. A minimum grade of C must be achieved in the repeated or substituted course. If the student receives two more prerequisite course grades of W or C- or lower, the student is ineligible for the sonography major.
- Meet physical requirements listed in “Required Skills to enter the Sonography Profession”
- 30 credits completed
- Availability of space (contact the Program Director, Susan Trelstad, for more information, sdtrelstad@stkate.edu
- A minimum of 80 hours volunteering in health care setting
- There are a specified number of students who can apply to the Guaranteed Admission Program (GAP) during their senior year of high school, who meet the admission criteria. See the Admission office for details.

As a transfer student, you are encouraged to meet with one of the department’s faculty members early on to map out your academic plan.
CAREER DEVELOPMENT
❑ Continue to research the Sonography field. Visit the Career Development library and website to learn all you can about the profession, employment outlook, etc. Obtain alumnae names and continue to conduct informational interviews with Sonographers in the field. Learn about the various certifications sonographers earn.
❑ Conduct informational interviews with Sonography alumni. Contact Career Development staff to help you develop these important contacts. Talk to your professors as well: invite them to share their wisdom, reflections and their personal networks.
❑ Review the Minnesota Department of Employment and Economic Development Sonographers Data as well as the Sonographers statistics which can be found on the United States Department of Labor, Bureau of Labor Statistics (available on the Career Development website).
❑ Talk to your advisor about work environment options available to sonographers.

Tips for Transfer Students
• Know that you are not alone: a number of Sonography majors transfer to St. Kate’s.
• Meet with a member of Sonography department faculty to develop an academic plan and identify courses to take.
• Review the St. Catherine University Evaluation System for Transfer Equivalency Information as well as the Sonography Program Planning document to determine courses needed. (Type “Transfer” in the search bar on KateWay to obtain transfer equivalency information.)
• Read through the St. Catherine Experience advising tool in full to identify past opportunities you may want to investigate.

Technical Skills Required to Enter the Sonography Profession
Discuss the following requirements to enter this profession with your advisor to make sure you are able to identify ways that you will develop these prior to graduation. The professional responsibilities include, but are not limited to:
• Obtaining and recording an accurate patient history
• Performing diagnostic procedures and obtaining diagnostic images
• Analyzing technical information
• Using independent judgment in recognizing the need to extend the scope of the procedure according to the diagnostic findings
• Providing quality patient care
• Collaborating with physician and other members of the health care team

Sonographers must also be knowledgeable about and limit the risk from possible exposure to blood and body fluids. Many sonographers also assist in electronic and clerical scheduling, record keeping, and computerized image archiving. Sonographers may also have managerial or supervisory responsibility.

Sonographers must be able to:
• Lift more than 50 pounds routinely
• Push and pull routinely
• Bend and stoop routinely
• Have full use of both hands, wrists and shoulders
• Grasp small objects and adjust small dials and switches
• Distinguish audible sounds and engage in normal volume conversation from of distance of 20 feet
• Adequately evaluate different shades of gray, including color distinctions
• Work standing on feet 80% of the time
• Interact compassionately and effectively with the sick or injured and observe their condition from a distance
• Assist patients on and off examining tables
• Communicate effectively with patients and other health care professionals
• Organize and accurately perform the individual steps in a sonographic procedure in the proper sequence
• Read various print size in a darkened room
• Work under stress
• Recognize and respond to alarms
• Retain large amount of technical information
Suggestions for making connections to your major.

“Students are well supported throughout their clinical experiences. Faculty will meet at the student’s clinical site two to three times per semester, providing them with on-going feedback, evaluation and mentoring. We talk about the things that are apt to hinder them in the field as well as healthcare in general, and what skills will set them apart.”

Robert Naughton, Assistant Professor and Clinical Coordinator

ACADEMIC AND ADVISING CONNECTIONS

- Discuss fall and spring course planning with your advisor using the Sonography Program planning document to make sure you are fitting in all that you want in your education, e.g., global studies, etc.
- Discuss opportunities to present research you have conducted or a paper at the Sister Seraphim Gibbons Undergraduate Symposium or submit your work for consideration for one of the monetary Writing Awards in the spring (see the “Enhance Your Major” highlighted box).
- Continue to strive for a strong GPA that will enable you to be on the Dean’s List, and other academic awards.
- Talk with a faculty member about opportunities to conduct research during the summer in the Collaborative Undergraduate Research program. Share your research interests and plan early so you do not miss deadlines.
- Plan for your Global Search for Justice course: study and reflect on social justice issues. Consider choosing a section that offers an off-campus learning component such as service learning or study abroad.
- Complete and submit the “Declaration of Intent to Graduate or Complete Certification” form by May 15 if you are graduating in December of the next academic year. Go to KateWay, “Campus Resources.” Link to Office of the Registrar, then “Fill Out a Form.” Choose “Forms for Students” and select “Intent to Graduate or Complete Certification” form.
- Review your Degree Evaluation with your financial aid counselor to ensure your financial aid covers your remaining academic plan. Explore scholarship options that may be available to you.
- Consider a summer internship! Talk to your academic advisor and the Internship Director about possibilities.
- Get ahead and graduate early, or catch up on credits. Whether you are looking to get ahead in your coursework, catch up on credits or simply stay on track in your chosen program, enrolling in a Summer Session course at St. Kate’s is a great way to do it!

CAREER DEVELOPMENT

- Attend the Annual Career Opportunities Fair and Government & Non-Profit Career Fair (fall) to explore opportunities. Practice your interviewing skills for internships and employment opportunities.
- Utilize the graduate school resources in the Career Development library or on the Career Development website if you are considering graduate school. Attend the Graduate School Fair in October. Start the application process early, consider the application process like a course itself! Talk with a career counselor about the pros and cons of attending graduate school right after graduation.
- Finalize a draft of your résumé with a career counselor.
- Build your electronic portfolio to highlight your skills and accomplishments. Brightways D2L ePortfolio is a good option to create an electronic career portfolio, and LinkedIn provides a good venue in which to post examples of your work created in and outside of the classroom. Questions? Contact Career Development

Study Abroad Experiences

Develop the skills, abilities, and qualities that result from international experience and that employers look for: cooperative problem solving, tolerance for ambiguity, respect for diversity, open-mindedness, self-reliance, and adaptability.

Learn the best time for Sonography majors to study abroad by visiting with staff in Global Studies as well as with your faculty advisor. Find out which Core Curriculum courses can be satisfied abroad including Fine Arts, History and Literature. Start planning during your first year for best results. January term options for elective or liberal arts requirements are available any time.

Discuss the possibility of taking Social Determinants of Health in the Caribbean: An Inter-Professional Experience with your advisor. This course is offered during J-term in Havana, Cuba, Santiago and Santo Domingo, Dominican Republic.

Meet with staff in Global Studies early in your academic planning for best options. Your advisor, the department chair and Global Studies staff have information on the best study abroad programs for completing major courses and staying on track for graduation.

Attend the Study Abroad Fair in February. Application deadline for spring semester is October 1; for summer, fall or year-long programs is March 1. J-term priority application deadline is mid-April.
LEADERSHIP AND STUDENT EMPLOYMENT
- Serve as an officer in a club or organization of which you are a part. Develop important leadership skills to enhance your résumé.
- If you have not done so yet, inquire about serving as a lab assistant in the department. Add the important skills of teaching, interpersonal communication, listening, and evaluation to your list of transferable skills for your resume.

SOCIAL JUSTICE AND SPIRITUAL DEVELOPMENT
- Consider serving as a student leader in Center for Spirituality and Social Justice working to build an inclusive community of faith on campus.
- Live out the CSJs commitment to “love of God and dear neighbor without distinction” by participating in an immersion trip over spring break.
- Explore justice immersion trips including international opportunities, sponsored by the Center for Spirituality and Social Justice.

Student Employment Opportunities in the Sonography Department
Consider student employment within the Sonography department as the Lab Assistant, available to an upper-level student. Inquire within the department if interested. Other student employment positions can be found at KatieCareer, St. Kate's jobs and internship database. Inquire at Career Development. On-campus positions are convenient and offer flexibility to student schedules.

Enhance your Sonography Major • Choose 2 (or more!)
Consider these academic, scholarly opportunities to build your résumé and overall St. Catherine experience.
- Earn a certificate for Peace Corps Prep! This program emphasizes leadership, social justice and global relationship building and is excellent preparation for service in the Peace Corps. Skills acquired through the program can also help you succeed in other globally-oriented service or professional roles. For more information, contact Caroline Krafft, PhD, Assistant Professor of Economics, cgkrafft@stkate.edu
- Study abroad! Consider taking CORE courses in a study abroad program. Contact Global Studies to review programs that will best fit into your academic plan. Also, Social Determinants of Health in the Caribbean: An Inter-Professional Experience is a wonderful course to develop inter-professional skills that will enhance your degree.
- Apply for an Assistantship Mentoring Program (AMP) for your junior and senior years. The Assistantship Mentoring Program provides meaningful, well-paid student employment that challenges students to apply academic learning and prepare for their careers by working one-on-one with a staff or faculty mentor. Through AMP, students participate in a scholarly community enabling them to apply academic and co-curricular learning in meaningful experiences that gives them a competitive edge with employers and graduate admissions.
- Conduct collaborative research with a faculty member. Academic year and summer opportunities are available. Explore the Summer Scholars program as well as 3M grants in the Sciences and AMP for academic year experiences. Talk to your advisor or faculty in the area of your research interests. Earn a stipend and add valuable skills to your résumé and/or experience for graduate school.
- Present/submit a paper for one of the University scholarships or monetary awards including the annual Awards for Research and Creative Work (through the Abigail Quigley McCarthy Center for Women), Bonnie Jean Kelly and Joan Kelly Student Excellence Awards in Creative & Scholarly Writing and the O'Leary McCarthy Scholarship for Excellence in Undergraduate Writing. For more information on these two awards, go to the Writing Intensive Program homepage on KateWay, then Student Resource tab and Writing Awards.
- Inquire about Post Graduate National Fellowship and Scholarship opportunities. Students seeking post-graduate fellowships and scholarships, including Fulbright, Rhodes, Truman, Marshall, Rotary and Goldwater can receive expert advice through a mentoring program. They can also receive funding to prepare materials for submission and interviews. The application process for these prestigious programs requires thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact the Office of the Provost at provost@stkate.edu.

“Performing ultrasound is both a science and an art! There are 256 shades of gray and our students need to be able to differentiate the subtle differences. Our students practice, practice, practice and then practice more.”
Robert Naughton, Assistant Professor and Clinical Coordinator
Suggestions for making connections to your profession and to your life after graduation.

“We spend a great deal of time discussing ethics and how those play out in our profession. Our students graduate with an appreciation of this as well as what it means to be a professional.”

Susan Trelstad, Assistant Professor and Department Chair

ACADEMIC AND ADVISING CONNECTIONS

- Discuss the opportunity to present your research at the Sister Seraphim Gibbons Undergraduate Symposium, an on-campus event held each spring that celebrates student scholarship and collaborative research.
- Complete and submit the “Declaration of Intent to Graduate or Complete Certification” form by November 30 if you are graduating in May. Go to KateWay, “Campus Resources.” Link to Office of the Registrar, then “Fill Out a Form.” Choose “Forms for Students” and select “Intent to Graduate or Complete Certification” form. Meet with your academic advisor to prepare for graduation by reviewing the Degree Evaluation and the Academic Catalog. Make adjustments as necessary. (Go to Student tab in KateWay, link to Degree Evaluation.)
- Review the list of Professional Responsibilities required of Sonographers. Discuss areas that need future development and identify strategies that will enable you to develop these prior to graduation. (See highlighted box.)
- Meet with your financial aid counselor to prepare for financial responsibilities after graduation. Understand the options available for loan repayment. Attend the Money Management speaker series to develop skills of financial management.

CAREER DEVELOPMENT

- Meet with a Career Counselor to ensure you have developed a job search plan; finalize your résumé and practice your interviewing and networking skills. Connect with alumnæ and attend events sponsored by professional organizations.
- Use your Career Development “Senior Planner” to help successfully plan this year.
- Identify faculty and staff on campus who could serve as references for your job search. Make sure you develop appropriate time lines so that you are able to meet deadlines for completed applications.
- Attend the Twin Cities Graduate School Fair in the fall. Make sure you are aware of deadlines and application procedures if you plan to attend graduate or professional school. Complete graduate school applications if you hope to attend in fall semester of the next year. Most doctoral program applications are due in December or January for fall admittance. Master-level programs sometimes have later deadlines. Explore scholarship available for graduate school. View information on the Career Development and Financial Aid website.
- Make sure your résumé has been professionally reviewed, that you are able to clearly articulate your skills/knowledge and experience confidently, and that you are prepared for interviews. (Résumé review and job interview coaching available in Career Development.)

Career Paths for Sonography Majors

The Sonography Program postgraduate survey results indicate 100% employment within the first six months of graduating. In addition to performing therapeutic and diagnostic procedures, Sonography graduates find satisfying employment in the areas of General, Vascular and OB/GYN with appropriate certifications.

A sampling of our graduates …

Laura Hermes ’13, Sonographer Technologist, HealthEast, St. Paul, Minnesota
Mollie Kelly, RDMS ’12, Diagnostic Medical Sonographer, Park Nicollet Health Services, Greater Minneapolis-St. Paul Area
Alishsa Rehani ’18, Sonographer, Maternal Fetal Medicine
Sheyenne Stewart ’18, Sonographer, Essential, Fargo, North Dakota
Pana Thao ’18, Sonographer, Abbott Northwestern, Minneapolis, Minnesota
Brittany Timmerman ’13, Sonographer, Mayo Clinic, Rochester, Minnesota Area

Become Career and Professional Ready in Your Profession

Know what employers and graduate schools want
- Demonstration of competencies in writing and in interviews/discussions
- Completion of experiences including internships, fieldwork, clinicals, etc.
- Engagement in study abroad, work, leadership, scholarly research, etc.
- Strong academics – good grades, research and engagement in major
- Demonstration of leadership and teamwork in class and off campus
- Technical and professional skills related to fields of interest and study
- Experience with different cultures, people, and environments

For more information:
Career Development Center
210 CdC (St. Paul Campus)
651-690-8890 | stkate.edu/career
LEADERSHIP DEVELOPMENT
- Mentor other students for leadership roles within the department and in student organizations to which you belong.
- Serve as a Chair for a club/organization in which you are involved.

SPIRITUAL DEVELOPMENT
- Take time to reflect on the amazing education you have received; for the compassionate faculty who have nurtured your skills, knowledge, and passion for the arts; for those who have provided meaningful mentoring throughout your education; and for the holistic education you have experienced at St. Kate’s.

COMMUNITY CONNECTIONS
- Consider postgraduate service to further live out St. Kate's commitment to social justice. Learn about opportunities in the Center for Community Work and Learning.
- Celebrate graduation and all your accomplishments. Celebrate your own academic achievements as well as those of your peers at the annual Honors and Awards ceremony held early May.
- As you prepare for graduation, celebrate all your connections to the University, including mentoring relationships with faculty and staff and lifelong friendships with your classmates.
- Become orientated to Alumni Relations, and learn how to become an active and supportive alumna of the University.

Professional Organizations and Professional Development Opportunities

Become involved with the professional organizations that support your career.

**Midwest Society of Diagnostic Ultrasound, (MSDU).** The purpose of MSDU is to promote, advance and educate its members and the medical community in the science of diagnostic medical sonography. The organization continually strives to raise the standard of ultrasound practice within the state of Minnesota through education activities and the distribution of the MSDU newsletter. Students may attend the annual spring conference. msdu.org

**American Registry of Diagnostic Medical Sonography, (ARDMS).** ardms.org

**Society of Diagnostic Medical Sonographers, (SDMS).** sdms.org

**Joint Review Committee in Diagnostic Medical Sonography, (JRC-DMS).** jrcdms.org

**Commission on Accreditation of Allied Health Education Programs, (CAAHEP).** caahep.org

**American Registry of Radiologic Technologists, (ARRT).** arrt.org

Strive to become your best....

Consider these academic, scholarly opportunities to build your résumé and overall St. Catherine experience.

**Antonian Scholars Honors Program** will challenge you academically. Discuss criteria with your academic advisor. The Antonian Scholars Honors Program offers students of superior ability and motivation an opportunity to study and work with peers and with faculty mentors in a specially designed program of the liberal arts. It is comprised of interdisciplinary honors seminars or a combination of at least two seminars and pre-approved equivalents, and an independent research study conducted during the senior year. Contact your advisor for more information, pick up a copy of the SCE Antonian Scholars Honors program guide or visit the Antonian Scholars Honors website.

**Phi Beta Kappa** is the nation’s oldest and most prestigious undergraduate honor society which recognizes achievement in the liberal arts. Sonography majors who choose to double major with a liberal arts major should contact Meghan Mason, Chapter President or Anne Weyandt, Secretary for more information.

**Competitive Fellowships and Scholarships** Students seeking post-graduate fellowships and scholarships (e.g., Fulbright, Rhodes, Marshall and Truman) can receive expert advice through a mentoring program. The application process for these competitive awards programs takes thoughtful planning and mentoring from faculty. PLAN AHEAD. Contact Office of the Provost at provost@stkate.edu.