Alum of the month

Sarah Abkowitz, MBA
Implementation Manager
Kyruus
CHHS- Class of 2011 (Health Management and Policy)

What are you currently doing? What is the most rewarding aspect of your career?

I recently transitioned from hospital operations into the healthcare technology field. I am currently an Implementation Manager at Kyruus, headquartered in Boston, MA. In my role, I collaborate with hospitals and health systems around the country to deliver provider search, scheduling, and data management solutions to help them match patients with the right providers. To me, the most rewarding aspect of this is knowing my work improves the patient experience for hundreds of thousands of people around the country.

Outside of work, I am Co-President of the UNH Alumni Boston Network which is both rewarding and fun! We plan many social, professional development, networking, and sports events throughout the year – I love staying so connected with UNH and meeting so many other alumni.

What do you know now that you wish you'd known while an undergrad?

There are so many different ways you can work in healthcare, and things evolve so quickly that a field might not even exist until after you graduate. I have built a strong network in my field, the core of which comes from people I met through UNH. I wish I realized back then how far my UNH roots would take me, because I could have stressed less!

How did you obtain your first job after graduation? What steps did you take, and what would you recommend to others?

The way I got my first job is a perfect example of never underestimating your network. I received a text from a student I had TA’d for who was doing her HMP summer internship at Joslin Diabetes Center. They were looking to fill a role which she thought I would be perfect for – I applied the next day, had a great interview and was hired shortly after. I would recommend that students realize how strong of a network their classmates in their major are, and work to strengthen this bond both during and after their time at UNH.
Based on your experiences and education, what skills do you think have been the most helpful in your career?
Interpersonal skills, empathy, a strong work ethic, and a genuine passion to improve healthcare. It's important to make a name for yourself as someone who not only delivers high-quality work, but also as someone who people want to work with.

What experiences and/or people have had significant impacts on your career journey?
Undergrad: As an undergrad, I was the Epidemiology TA for Prof. Rosemary Caron my sophomore through senior year. This helped develop me professionally as well as stand out from others when applying to summer internships. My HMP internship the summer before senior year gave me the necessary real-world healthcare experience when applying to jobs.
Post-graduation: At my first job out of college, I was fortunate to work for Bridget Stewart, a UNH HMP alum who became my mentor. Additionally, balancing working full-time while completing my MBA over the last three years was a major commitment and step forward for my career.

What advice do you have for students interested in your field?
It is important to choose your first job based on the experience you will get and the potential growth opportunities it will lead to. Be thoughtful about every position you take in your career so that it can help position you for your next steps. My in-depth experience working in a hospital is so helpful now that I am working with hospitals as clients and understand how they work. I would recommend that students look seriously at what growth opportunities there are in various companies when evaluating job opportunities, and keep an eye on industry trends.

Handshake is an online recruiting and job platform that connects college students to employers. To know more about the jobs below (and many others!) log in through your Handshake account.

- Northeast Arc #2422791 Speech Language Pathologist
- Genesis HealthCare #2419570 Recreation Assistant
- World Affairs Council of NH #2403760 Program Coordinator
- Converse #2447228 Global Brand Operations
- Mayhew Program #2346421 Adventure Trip Leader
- #2346294 Summer Camp Nurse
- Ignite Mental Health #2407161 Co-op Intern
- #2377757 Consulting Intern Spring/Summer
- Love Affair #2384483 Wedding and Event Planning Internship
- Philips HealthCare #2314771 Quality Specialist
- YMCA of North Shore #2380726 Youth Program Director
- J.Jill #2424069 Merchandise Planning Internship
- Strawberry Banke Museum #2182755 Special Events Internship
- #2182699 Education Internship
- CrossFit City Line #2288387 CrossFit Coach
- HubSpot #2263345 People Operations Intern
- The Rowley Agency #1919552 Insurance Agency Internship
- Journey Forward #2432442 Neuro Exercise Specialist
- Waypoint #2417794 Social Worker/Case Manager

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Do you have ideas, events, photos, updates, jobs, to share for the upcoming April Newsletter?
Contact CHHS Career Counselor, Komal Shah: komal.shah@unh.edu