2019 PUBLIC HEALTH GRADUATE SCHOOL PANEL

Learn about various fields of graduate study in public health, and meet alumni and current students from such programs

Leitchtag Room 107
21 November 2019 | 5:00-7:00 pm
Light Appetizers and Networking to Follow
Agenda

- Welcome and Introductions
- Overview of Public Health Graduate Programs
  - MPH
    - Panelist: Megan Malone
  - MHA
    - Panelist: Kyle Underwood
  - PhD
    - Panelists: Ben Schumacher; Brian Kwan
  - MD/MPH; MD/PhD
    - Panelists: Lauren Hui; Cecilia Rangel-Garcia
- Application & Admissions 101
- Q&A Session with Panelists
Who Am I?: Maddy Noble

**Background:**

- 2012: Pitzer College: B.A. Psychology & Spanish
  - Physical Activity Promotion in Latino Populations
- 2014-2016: San Diego State University: M.P.H.
  - Concentration: Health Promotion and Behavioral Sciences
  - Thesis: Receptivity to E-Cigarette Advertising in Teens
- 2016-2018: SRA II: UCSD Moores Cancer Center
  - Tobacco control and prevention research

**Current Position:** Research and Public Relations Analyst
BSPH Alumni: Graduate School Plans

- Survey of 68 BSPH Alumni (2018-2019 Graduates)
  - Planning to Attend Graduate/Professional School=52 (76%)
    - MPH/MSPH: 18
    - PA: 8
    - Dual Degree: 5
    - PT/OT: 2
    - PhD: 2
    - MD/DO: 2
    - Dentistry: 2

- Attending Graduate Program in Fall 2019= 18

- Sample of Programs Currently Attending:
  - UC Berkeley School of Public Health
  - University of Southern California
  - UCLA Fielding School of Public Health
  - UC San Diego School of Medicine
  - Columbia University Mailman School of Public Health
  - Johns Hopkins Bloomberg School of Public Health
Graduate Programs: Common Areas of Study

Behavioral & Social Sciences
Biostatistics & Informatics
Community Health
Environmental & Occupational Health
Global Health
Health Policy & Management
Health Promotion/Health Communication
Maternal & Child Health
Mental Health
Minority Health & Health Disparities
Nutrition & Public Health
Areas to Explore in Public Health

There are so many pathways you could pursue as a public health professional. Not sure what career you want to pursue? Find out more about the major fields of study that comprise Public Health in the sections below.
### MPH / MSPH

<table>
<thead>
<tr>
<th>MPH</th>
<th>MSPH</th>
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<tbody>
<tr>
<td>Masters of Public Health</td>
<td>Masters of Science in Public Health</td>
</tr>
<tr>
<td>Professional degree- commonly awarded by CEPH Accredited programs or schools</td>
<td>Academic degree- some awarded by CEPH Accredited programs or schools</td>
</tr>
<tr>
<td>2-3 Years</td>
<td>2-3 Years</td>
</tr>
<tr>
<td>Geared toward professional career in public health</td>
<td>Geared toward teaching or research career in public health</td>
</tr>
<tr>
<td>Focus on fieldwork, internship experience</td>
<td>Focus on research and analytic methods</td>
</tr>
<tr>
<td>May require thesis, capstone or comprehensive exam</td>
<td>Typically require thesis</td>
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Who Am I?: Megan Malone

- **Background:**
  - Public Health | Epidemiology

- **Current Position:**
  - CEO of The Akazi Project
  - Program Manager – SDSURF Adolescent HIV Intervention Program

- **Future Plans:**
  - Extension of clinic scope and locations
  - Extend program into Uganda
Background

- 2014-2017: San Diego State University: B.S. Public Health
  - Research Assistant (I-III) NSF, MHIRT, NIH, DHAPP

  - Concentration: Global Health, Implementation Science/ Infectious Disease
  - Thesis: Dietary Diversity Change After Introduction of Household Gardens in the Informal Settlement Community of Iquitos, Peru

- 2017-2018: Health Alliance International + PEPFAR:
  - Cote’ d’Ivoire, Africa, M&E Officer

- 2018-2019: Program Evaluation Manager: InterACTION Labs, Iquitos, Peru
  - Program Coordinator: Cooking With the Seasons, Olympic Peninsula

- Current Positions:
  - Program Manager, HIV Intervention Programming
  - CEO | Co-Founder, The Akazi Project, Malawi, Africa
MHA

- Master of Health Administration
- Focus on finance ("MBA of Public Health")
- Prepares students for careers in hospitals, health systems, consulting firms and healthcare businesses
- Address emerging issues such as:
  - How will we control health care costs as baby boomers become senior citizens and medical technology continues to advance?
  - How will health care dollars be allocated across generations?
  - How can we measure quality of care?
  - How can we assure that all U.S. residents have access to health care?

Who Am I?: Kyle Underwood

Background

- B.S Public Health, Minor in Business: UCSD 2019
- Operations Manager: Rightdevice
- 2018-Present
  - Pathmaker Administrative Intern: Palomar Health
- 2017-2019
  - American College of Healthcare Executives Student Associate

Current Position

- MHA Candidate at the University of Southern California
- Expected Graduation: May 2021

Future Plans

- Upon graduation from USC, enter a management career within a health system or consulting firm
# PhD/DrPH

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<tr>
<th></th>
<th>PhD</th>
<th>DrPH</th>
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<tbody>
<tr>
<td><strong>Title</strong></td>
<td>Doctor of Philosophy</td>
<td>Doctor of Public Health</td>
</tr>
<tr>
<td><strong>Type</strong></td>
<td>Academic degree</td>
<td>Professional degree</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>4-5+ years</td>
<td>3-4+ years</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Prepares students for careers as advanced researchers and academicians</td>
<td>Designed to prepare individuals for leadership positions, and is more practice oriented</td>
</tr>
<tr>
<td></td>
<td>Focus on research and analytic methods</td>
<td>Focus on fieldwork, internship experience</td>
</tr>
<tr>
<td></td>
<td>Typically requires dissertation</td>
<td>Typically requires dissertation</td>
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Who Am I?: Ben Schumacher

- Born and raised in San Diego (Chula Vista)
- 2012: California High School Proficiency Exam
- 2012 - 2014: Southwestern College
- 2014 - 2016: UC San Diego, BSPH
- 2016 - 2018: San Diego State University – MPH, Epidemiology
  - Capstone: “Differences in Acute Care Utilization Amongst Type 2 Diabetics By Insurance Type In The 2015 Adult CHIS Population”
- 2018 - ???: Joint Doctoral Program (JDP) in Public Health, Epidemiology
How did I get here?

- I came into UCSD as a Human Biology with my sights set on medical school.
- Decided I wanted to work with populations, not one patient at a time.
- At a panel discussion in FMPH 40 I heard an Epidemiologist w/ the County of San Diego talk about her work.
- Worked as an Epidemiology Analyst at the Community Health Statistics Unit for ~3 years, from the end of my BSPH to the start of my PhD.
- Originally, I wanted to pursue a PhD to return to a government epidemiology job—Senior Epidemiologist, Public Health Officer, or something of the sort.
- That’s how I got to where I am today.
Where do I plan to go from here?

- I plan to pursue a professorship at a teaching-focused institution after the completion of my PhD

What I wish I knew when I was in the BSPH

- Any experience goes a long way. It helps you understand what you like and don’t like
  - Academic vs. applied public health
  - Cancer epidemiology vs. physical activity epidemiology

- Volunteering is a way to stand out (if you’re able)

- Anything worth doing is worth overdoing

Ben Schumacher, MPH
benschumacher12@gmail.com
Who Am I?: Brian Kwan

- 2015: UC Irvine – B.S. in Mathematics, Minor in Statistics
  - Research: Applied and Computational Math
  - Involvement in STEM education and outreach
- 2015-2016: Gap Year
  - Summer Institute for Training in Biostatistics (SIBS)
  - Teaching: K-12 Mathematics
- 2016-Present: UC San Diego – Ph.D. in Biostatistics (in progress)
  - Graduate student researcher at Moores Cancer Center
  - TA: PSYC 60 & FMPH 102
  - UCSD ASA Student Chapter Co-president
Dual Degree Programs
MD/PhD, MD/MPH
Who Am I?: Lauren Hui

- **Background**
  - 2015-2017 Physiology student at University of Washington, Seattle
  - 2015-2020 Worked in 6 different labs (including neuroscience, cancer, diabetes, drug discovery)
  - 2017-2020 Physiology and Neuroscience B.S., UC San Diego

- **Current Position**
  - Lead Career Peer Educator, Undergraduate Researcher, Pre-MD/PhD Student

- **Future Plans**
  - Lead Career Peer Educator, Undergraduate Researcher, Pre-MD/PhD Student
Questions to Consider

• How long do I want to be in school/training?

• Do I clearly understand the daily lifestyle of physicians, researchers, and public health?

• Do I thrive when helping others directly (MD) or indirectly (MPH/PhD)?

• Does my mind gravitate more toward knowing (MD), understanding/questioning (PhD), or changing (MPH)?

• Do I like structured learning (MD) or a more open-ended, exploratory approach (MPH/PhD)?

• How much debt will I incur?
## Different Degrees, Different Outcomes

<table>
<thead>
<tr>
<th>Program</th>
<th>Interest</th>
<th>Career</th>
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<tbody>
<tr>
<td>MD</td>
<td>Patient Care</td>
<td>Physician</td>
</tr>
<tr>
<td>PhD</td>
<td>Research and discovery</td>
<td>Researcher/Scientist</td>
</tr>
<tr>
<td>MPH</td>
<td>Public/global health</td>
<td>Healthcare Policy, NGOs</td>
</tr>
<tr>
<td>MD/PhD (MSTP)</td>
<td>Combining medicine and science</td>
<td>Physician - Scientist</td>
</tr>
<tr>
<td>MD/MPH</td>
<td>Public/global health, community health</td>
<td>Physician - Advocate</td>
</tr>
<tr>
<td>Comparison Chart</td>
<td>MD</td>
<td>PhD</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------------</td>
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<td>----------</td>
</tr>
<tr>
<td>Ability to create new knowledge</td>
<td>Limited</td>
<td>High</td>
</tr>
<tr>
<td>Self-directed learning</td>
<td>Medium</td>
<td>High</td>
</tr>
<tr>
<td>Structured learning</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Length of school</td>
<td>4 years</td>
<td>4-6 years</td>
</tr>
<tr>
<td>Direct interaction with patients</td>
<td>High</td>
<td>Generally none</td>
</tr>
<tr>
<td>Requires significant memorization</td>
<td>High</td>
<td>Medium</td>
</tr>
<tr>
<td>Cohesive classmate culture</td>
<td>High</td>
<td>Low/medium</td>
</tr>
<tr>
<td>Flexible schedule</td>
<td>Low</td>
<td>High</td>
</tr>
<tr>
<td>Class size</td>
<td>Large</td>
<td>Generally small</td>
</tr>
<tr>
<td>Small group learning</td>
<td>Varies</td>
<td>High</td>
</tr>
<tr>
<td>Debt from tuition/ living expenses</td>
<td>High</td>
<td>Limited to none</td>
</tr>
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MD/MPH

- Physician-Advocate
  - Physicians with a passion for underserved communities, healthcare policy, global health
  - Similar debt to medical school (limited funding)

- Clinical research (dissertation) in degree, MPH fieldwork with target populations
- Possibility of working in NGOs, overseas, healthcare policy
- 1 additional year of training
MD/PhD

• Physician-Scientist (MSTP)
  • Trained to be physicians and scientists – clinicians and researchers
  • NIH-funded training with limited spots OR partially funded through private donations
  • No debt or minimal debt post-graduation

• LOVE research! Clinical, translational, basic sciences
• Research is required, additional application essays

MD Part 1
2 years
Classroom/Clinical
USMLE Step 1

PhD Training
3-4 years
Dissertation

MD Step 2
2 years Clinical Training
USMLE Step 2

Residency or Postdoctoral Training
Additional Tips to Help you Decide

• Gain experience through internship, volunteering, or research
• Attend conferences
• Conduct informational interviews
  o LinkedIn
  o Professional societies or associations
Meet with a CPEP or pre-health advisor

For pre-requisites and general health exploration info:
• Meet with a Pre-health Career Peer Educator
  Monday – Friday 10:00 AM – 3:00 PM

For quick questions:
• Check the Health Beat Drop-in Calendar

Juniors/Seniors:
• Schedule an appointment via Handshake
Visit Healthbeat.ucsd.edu
Who Am I?: Cecilia Rangel-Garcia

- **Background:**
  - 2015: Loyola Marymount University – Bachelor of Arts, Psychology
  - 2021: UC San Diego School of Medicine – Doctorate of Medicine
    - Program in Medical Education Health Equity (PRIME-HEq)
      - Dual degree program, trains student physicians to serve under resourced communities

- **Current Position:**
  - 2020: UC San Diego – Masters of Public Health

- **Future Plans:**
  - Community psychiatry (most likely)
Additional Things to Consider

- Continuing Education & Certificates
  - CPH: Certified in Public Health
  - CHES: Certified Health Education Specialist
- Online vs. In Person Programs
- CEPH Accreditation
- Breadth vs. Depth
- Location
- Cost
Who Am I?: Rosemarie Subala

Background:

- 2012: San Diego State University – B.S. Health Science with an Emphasis in Public Health

- 2014: San Diego State University – MPH
  - Concentration: Health Promotion and Behavioral Science
  - Thesis: Understanding Dietary Behaviors and Identifying Potential Strategies for Culturally Specific Health Promotion Programs for Native Hawaiians and Pacific Islanders

- 2014-2015: National University – MPH Internship Coordinator
- 2015-2017: Naval Health Research Center – Research Associate

Current Position: UC San Diego MPH Program Coordinator
Application and Admissions 101

- Academic History
  - GPA
  - Transcripts
- Test Scores
  - GRE
- Letters of Recommendation
- Statement of Purpose
- Experience Beyond the Classroom

*Please note that every program will have different requirements*
Application Tips

- Do your research!
  - Review program curriculum
  - Program faculty

- Additional Resources:
  - ASPPH: [https://www.asp-ph.org/study/before-you-apply/](https://www.asp-ph.org/study/before-you-apply/)
  - Career Services/Health Beat
  - Us (the PH advisors!):
    - UCSD BSPH: publicheath@ucsd.edu
    - UCSD MPH: mphinfo@ucsd.edu
Common Application Mistakes

- Listing a different school/program
- Unrefined personal statement
- Not doing enough research on the program
- Not giving yourself enough time
Q & A Session