WELCOME PUBLIC HEALTH STUDENTS

BSPH Undergraduate Program Director:
Dennis Trinidad, PhD, MPH

BSPH Academic Advisor:
Dina Rodgers, MBA

Research and Public Relations Analyst & Career Advisor:
Maddy Noble, MPH

B.S. PUBLIC HEALTH MAJOR ADVISING
http://ph.ucsd.edu/undergrad

UC San Diego Bachelor of Science in Public Health

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FRIENDLY REMINDER

THIS SESSION IS BEING RECORDED
WHO WE ARE

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BSPH Undergraduate Program Director

Dina Rodgers, MBA
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Maddy Noble, MPH
Research and Public Relations Analyst & Career Advisor
Dr. Cheryl Anderson has been named founding dean of The Herbert Wertheim School of Public Health and Human Longevity Science. Photo by Erik Jepsen/UC San Diego Publications.

Establishment of UC San Diego School of Public Health Approved

ucsdnews.ucsd.edu
WHY MAJOR IN PUBLIC HEALTH?

- Address some of the most pressing issues of the 21st century
- Learn critical thinking and evaluation skills
- Receive training that prepares students for:
  - Public health jobs
  - Public health graduate programs
  - Medical school (MCAT 2015) & other health programs
  - Other graduate schools (e.g. law, business)
PUBLIC HEALTH JOB GROWTH

- One of the fastest growing fields, with 2010-2020 job growth well above average for:
  - Health Educators: 37%
  - Physician Assistants: 30%
  - Social and Community Service Managers: 27%
  - Epidemiologists: 24%
  - Physicians: 24%
  - Medical and Health Service Managers: 22%
  - Psychologists: 22%
  - Medical Records and Health Information Technicians: 21%
  - Environmental Scientists & Specialists: 19%

Source: Department of Labor Occupational Outlook Handbook at www.bls.gov/ooh
Planning your Future in Public Health

Whether you’re a first-year student or getting ready to graduate, there are plenty of things you can be doing at every stage to accelerate your momentum as you move upward and onward.

Looking for a good starting point?

Visit the UC San Diego Careers Service for your Future Bang. You can start off strong and begin your Roadmap, see what exciting opportunities await, going beyond the basics with in-depth resources and useful inside info by Exploring your Interests, and you can Pinpoint your Path by utilizing the online assessment tools that will uncover career and post graduate paths that resonate with your personality, strengths, work style and competencies.

Areas to Explore in Public Health

There are so much 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.

Source: Department of Labor Occupational Outlook Handbook at www.bls.gov/ooh
CAREERS IN PUBLIC HEALTH

Careers in Public Health
Interested in learning more about careers and graduate school in Public Health? This section is geared towards providing prospective and current Public Health Majors with information, tips, and resources related to career and graduate school exploration in this diverse and evolving field.

Where to Begin
As a first step, we recommend that students check out the presentations and videos of our past panels:

- UC San Diego Public Health Career Panel
  - Winter 2019 Video Link: UC San Diego Public Health Career Panel — Meet the Panelists Flyer

- UC San Diego Public Health Graduate School Panel
  - Fall 2018 Video Link: UC San Diego Public Health Graduate School Panel

Sample of Careers to Consider with Bachelor's Degree

- Air Pollution or Ground Water Analyst
- Case Worker
- Clinic Coordinator
- College Advisor
- Communications/Marketing Specialist
- Community Health Project Coordinator
- Consultant
- Corrections Officer/Caseworker
- Crisis Intervention Counselor
- Customs/Immigration Officer
- Data Analyst/Scientist
- Disaster Management Specialist
- Environmental Compliance Inspector
- Healthcare Compliance Instructor
- Health Educator
- Health Information Management Clerk
- Health Policy Analyst
- Health Provider Relations Representative
- Health/Risk Assessment
- Health/Wellness Coach
- Human Resources Specialist
- Maternal/Child Health Specialist
- National/International Health Organization
- Public Education Outreach Specialist
- Public Service Aid
- Quality Control Coordinator
- Research Assistant/Associate
- Social Worker

http://ph.ucsd.edu/undergrad/planning-your-future/areas-to-explore/
CAREERS IN PUBLIC HEALTH

Where to Begin

Sample of Careers to Consider with Bachelor’s Degree

- Behavioral Scientist
- Biostatistician
- Director/Program Leader
- Epidemiologist
- Hospital Administrator
- Infection Control Officer
- Medical Science Liaison
- Medical Writer
- Principal Investigator
- Professor/Lecturer
- Public Health Nurse
- Public Health Officer
- Research Coordinator

Where are BSPH Alumni Working?

Based on the 2018 and 2019 BSPH Alumni Surveys, a good number of Bachelor of Science in Public Health Graduates planned on going either straight into the workforce or taking a gap-year before applying to graduate school. Approximately 1/3 of students had accepted public-health related internships or careers upon graduation. See below for a list of careers and employers that BSPH Alumni are pursuing.

Career Titles:

- Academic Advisor
- Associate Consultant
- Behavioral Interventionist
- Business Operations Coordinator
- Bookkeeping Assistant
- Case Manager
- Certified Nursing Assistant
- Clinical Informatics Specialist
- Clinical Research Coordinator
- Circulation Services & Operations Workleader
- Care Coordinator Specialist
- Customer Success Manager
- Data Analyst Intern
- Degree Audit and Compliance Specialist
- Health Policy Intern
- Insurance Coordinator
- Lab Technician
- Lifestyle Assessor
- Manufacturing Tech
- Marketing Associate
- Medical Assistant
- Medical Scribe
- Operations Manager
- Optometric Assistant
- Outreach Consultant
- Pathmaker Intern
- Patient Coordinator
- Patient Financial Services
- Patient Service Specialist

http://ph.ucsd.edu/undergrad/planning-your-future/areas-to-explore/
UCSD BSPH: COMPETENCY-BASED MODEL

- BSPH is a rigorous program—focus is on competencies
- Upon graduation a student from UCSD with a BSPH should be able to:
  - Understand the underlying science of human health and opportunities for health promotion and protection
  - Understand the role and importance of data in PH
  - Calculate various PH and epidemiological statistics
  - Write critically and work well in groups to identify and address population health challenges
  - Effectively communicate public health information to relevant parties (policy makers, physicians, school personnel, employers, etc.)
MAJOR ENTRY REQUIREMENT

Public Health is a Capped Major. To prepare students for success in upper-division courses, the faculty of the Department of Family Medicine and Public Health have determined that students who want to declare a major in Public Health must first meet the criterion outlined below:

• Completion of FMPH 40 “Introduction to Public Health” with a grade of B- or higher.

Any student who was not directly admitted into the Public Health Major must meet the Public Health Major Entry Requirement to get into the Major. A majority of our majors had to go through the entry requirement.
BSPH MAJOR OPTIONS

7 Major Options within the Bachelor of Science in Public Health

Bachelor of Science in Public Health

Bachelor of Science in Public Health with Concentration in Biostatistics

Bachelor of Science in Public Health with Concentration in Climate & Environmental Sciences

Bachelor of Science in Public Health with Concentration in Community Health Sciences

Bachelor of Science in Public Health with Concentration in Epidemiology

Bachelor of Science in Public Health with Concentration in Health Policy & Management Sciences

Bachelor of Science in Public Health with Concentration in Medicine Sciences
BSPH MAJOR REQUIREMENTS

Lower-Division Requirements (32 or 33 units)

Public Health Sciences (2 courses, 8 units)
• FMPH 40: Introduction to Public Health
• FMPH 50: Primary Care and Public Health

Biology (3 courses, 12 units)
• Option 1: BILD 1, BILD 2 and BILD 3
• Option 2: BILD 3 PLUS two from BILD 10, BILD 12/COGS 17, BILD 20, BILD 22, BILD 26

*Option 1 is recommended for students going into traditional health professions (medical school, physician assistant school, nursing), epidemiology, or other fields that value a hard science background

Quantitative Methods (1 course, 4 or 5 units)
• Option 1: MATH 11
• Option 2: PSYC 60
• Option 3: COGS 14B

*Option 1 is recommended for students going into epidemiology, biostatistics, or other fields that value statistics and data analysis

Social and Behavioral Sciences Electives (2 courses, 8 units)
• ANTH 1, 2, 23, CGS 2B, COGS 14A/PSYC 70/SOCI 60, COMM 10, ECON 1, 2, 3, ENVR 30, ESYS 10, GLBH 20, HDS 1, HILD 30, LTCS 50, POLI 10/10D, 11/11D, 30/30D, PSYC 1, 2, 3, 4, 6, 7, SOCI 1, 2, 10, 30, 40, 70, USP 2
BSPH WITH CONCENTRATION IN...

Lower-Division Requirements (Differences between Concentrations)

BSPH with Concentration in Biostatistics (53 units)
• Biology Option 1 Required: BILD 1, 2, 3
• 1 Computer Programming from the following: CSE 6, 6R, 8A, 8B, 11, 180, 180R, ECE 15
• MATH 11, 18, 20A, 20B, 20C

BSPH with Concentration in Community Health Sciences (32 or 33 units)
• No differences to lower-division requirements as the general BSPH

BSPH with Concentration in Medicine Sciences (60 or 61 units)
• Biology Option 1 Required: BILD 1, 2, 3
• CHEM 6A, 6B, 6C, 7L
• 3 Natural Science from the following: BILD 20, 22, 26, CHEM 40A, 40B, 40C, 43A, MATH 10A/20A, 10B/20B, PHYS 1A/AL, 1B/BL, 1C/CL

Students who have completed a LD Anatomy w/ Lab and/or Microbiology w/ Lab at a Community College or another University may petition to use the course(s) towards their natural science area (must be UC transferable and be listed for units on academic history)

BSPH with Concentration in Climate & Environmental Sciences (53 units)
• Biology Option 1 Required: BILD 1, 2, 3
• CHEM 6A, 6B, 6C
• MATH 10A/20A, 10B/20B, 11
• 2 SBEs from the following: ECON 1, 2, 3, ENVR 30, ESYS 10, USP 2

BSPH with Concentration in Epidemiology (32 or 33 unit)
• Biology Option 1 Required: BILD 1, 2, 3

BSPH with Concentration in Health Policy and Management Sciences (32 or 33 units)
• 2 SBEs from the following: ECON 1, 2, 3, POLI 10/10D, 11/11D, 30/30D
BSPH MAJOR REQUIREMENTS

Upper-Division Requirements (52 units)

Core Disciplines (6 courses, 24 units)
- FMPH 101: Epidemiology
- FMPH 102: Biostatistics
- FMPH 110: Health Behavior and Chronic Diseases
- FMPH 120: Health Policies for Healthy Lifestyles
- FMPH 130: Environmental and Occupational Health
- USP 143: The US Health Care System

Upper-Division Electives (5 courses, 20 units)

A minimum of one course from the following:
- FMPH 140-179, FMPH 180A, FMPH 191, FMPH 195, FMPH 196A, FMPH 198, FMPH 199

Students may petition to use AIP 197, UCCS, or a Study Abroad Experience (must be an UD 4-unit course and have been pre-approved by the Dept.)

Four additional courses from either those listed above or those listed in outside departments:
- Many course options – see full list on website for more information

Capstone Experience (2 courses, 8 units)
- FMPH 193: Public Health Capstone I or FMPH 196B: Public Health Honors Practicum II
- FMPH 194: Public Health Capstone II or FMPH 196C: Public Health Honors Practicum III
BSPH WITH CONCENTRATION IN...

Upper-Division Requirements (Differences between Concentrations) (52 units)

Upper-Division Electives (5 courses, 20 units)

A minimum of one course from the following:

- FMPH 140-179, FMPH 180A, FMPH 191, FMPH 195, FMPH 196A, FMPH 198, FMPH 199

Students may petition to use AIP 197, UCCS, or a Study Abroad Experience (must be an UD 4-unit course and have been pre-approved by the Dept.)

Two courses required from specific concentration list of options:

- Many course options based on selected concentration – see full list on website for more information

Two additional courses from either those listed above or those listed in outside departments:

- Many course options – see full list on website for more information
BSPH CAPSTONE SEQUENCE

Public Health Capstone – Senior Year

- The two quarter FMPH 193 and FMPH 194 Public Health Capstone provides students with opportunities to integrate, synthesize, and apply knowledge through cumulative and experiential activities for the Bachelor of Science in Public Health (BSPH) Majors

- **FMPH 193** – Completion of FMPH 40, FMPH 50, FMPH 101, FMPH 102, and FMPH 110 prior to enrollment
  - **NOTE:** FMPH 193 is only offered in winter quarters

- **FMPH 194** – Completion of FMPH 120 and FMPH 193 prior to enrollment
  - **NOTE:** FMPH 194 is only offered in spring quarters

Public Health Capstone Sequence

All students who entered UC San Diego in Fall 2016 or later are required to complete the Public Health two-quarter capstone course sequence (FMPH 193 and FMPH 194). This Public Health Capstone will provide students with opportunities to integrate, synthesize, and apply knowledge through cumulative and experiential activities for the BS in Public Health (BSPH) Majors.

- Expand All

- FMPH 193 and FMPH 194 Course Descriptions
- Student Learning Outcomes

Student Learning Outcomes

1. Strengthen communication and interpersonal skills
2. Synthesize the material learned in public health and other relevant courses
3. Develop self-awareness regarding your unique skills, values, and career goals
4. Explore career options within the diverse areas of public health and other areas
5. Articulate career goals and plans how to achieve them
6. Generate documents required for job or graduate school applications
7. Demonstrate interviewing skills in preparation for job or school interviews
8. Develop research or evaluation questions
9. Identify the magnitude and determinants/correlates of public health problems
10. Conduct a comprehensive literature search using peer-reviewed sources
11. Critically assess the evidence related to a specific research question
12. Write an introduction/background section of a research manuscript using appropriate citations
13. Understand differences in study designs and how to conduct such studies
14. Identify the key steps in program/intervention planning, implementation, and evaluation
15. Address research and evaluation questions through the analysis and interpretation of data
16. Reduce or synthesize data to identify next steps and develop a proposed solution

Poster Resources

https://ph.ucsd.edu/undergrad/undergrad/public-health-capstone/
Public Health Honors Practicum - Senior Year

- The three quarter FMPH 196A, FMPH 196B, and FMPH 196C provides students with a yearlong intensive applied public health experience while working in small groups of three to five to apply public health principles to real-world settings
- Students work closely with faculty, other BSPH students, and practicum sites in the planning, implementing, evaluation, and/or dissemination of public health programs and research on pressing public health topics

Eligibility

In order to be eligible to apply all students must have:

- Successfully completed FMPH 40, 50, 101 or 102, and 110 or 120
- A cumulative GPA 3.0 or higher
- Commit to the full 3-course series over the academic year
- Submit the Honors Practicum application by the deadline

https://ph.ucsd.edu/undergrad/undergrad/honors-practicum/
Public Health Honors Practicum

The Department of Family Medicine and Public Health BSPH Honors Practicum includes a three-quarter course sequence that accepted students complete in their senior year (FMPH 196A, FMPH 196B, FMPH 196C).

Through the BSPH Honors Practicum, students will learn professionalism in the workplace; how to conduct program planning and evaluation; how to develop proposals regarding research, program planning, or evaluation; critical thinking skills; and how to communicate effectively to diverse audiences.

More details regarding the Public Health Honors Practicum and earning Distinction in the Major (listed on the diploma) can be found in the UCSD's General Catalog under Public Health Undergraduate Program.

Applying to the Honors Practicum

UC San Diego Public Health Honors Practicum Information Session
- Video Link: Public Health Honors Practicum Information Session

Applications for the 2020/2021 application cycle are closed. Please check back in Late April/Early May 2021 for the 2021/2022 application cycle.

https://ph.ucsd.edu/undergrad/undergrad/honors-practicum/
GET INVOLVED

AIP 197: Academic Internship Program in Public Health
- [http://aip.ucsd.edu/](http://aip.ucsd.edu/)
- Academic internships that foster career, personal and academic development
- Offers top notch talent for corporate and community organizations committed to fostering a culture of learning

Study Abroad
- [http://studyabroad.ucsd.edu/](http://studyabroad.ucsd.edu/)
- Studying abroad is an adventure that builds self-confidence, valuable skills, and global perspectives on your major
- There is no better time in life to travel, meet people from around the world who share your passions and goals, experience foreign cultures, taste new foods, and grow in your understanding of the world

UCDC and UCCS
- [http://aip.ucsd.edu/programs/ucdc/](http://aip.ucsd.edu/programs/ucdc/)
- [http://aip.ucsd.edu/programs/uccs.html](http://aip.ucsd.edu/programs/uccs.html)
  - Combine unique coursework and a meaningful internship experience
  - Network and make contacts for future employment and recommendations
  - Gain firsthand exposure to the political process and policy making
GET INVOLVED

FMHP 195: Undergraduate Instructional Apprentice (UGIA)

- Assist in the classroom, learn teaching methodologies, and develop teaching skills under the supervision of a faculty member or graduate student

UCSD Public Health Club

- [https://www.facebook.com/groups/UCSDPublicHealthClub/](https://www.facebook.com/groups/UCSDPublicHealthClub/)
- Brings students, staff and faculty with an interest in public health, healthy lifestyles, or community health together
- Helps members by providing information and opportunities for volunteering, internships, and mentorship

Additional Health-Related Student Organizations

- California Health Professional Student Alliance (CaHPSA)
- Chicanos/Latinos for Community Medicine
- CORDUSA at UCSD – Global Health Engagement Program
- Engineering World Health
- Flying Samaritans – Public Health Team
- Health and Medical Professions Preparation Program (HMP3)
- Healthcare Opportunities Preparation & Empowerment (HOPE)
- Health Corps at UCSD
- International Health Collective
- MEDLIFE
- Mind-Body Nutrition: Students for Integrative and Preventive Medicine
- Public Health Brigades
- Pilipino Undergraduate Society for Health (PUSH)
- Red Cross at UCSD
- Student Health Advocates
- United Against Infectious Diseases (UAID)
GET INVOLVED

FMPH 199: Research in labs

- Learn how research programs are carried out
- Gain exposure to research and its methodology - admissions committees for graduate school place heavy importance on experience
- Professors get to know you personally and can write more effective letters of recommendation

https://ph.ucsd.edu/undergrad/beyond-classroom/research
Career Services Center

- [http://healthbeat.ucsd.edu](http://healthbeat.ucsd.edu)
- All pre-med and health profession advising is located at the Career Services Center
  
  This includes: MD/DO, Dentistry, Nursing, Optometry, Pharmacy, Physical and Occupational Therapy, Physician Assistant (PA), Public Health, Veterinary Health, etc.

- It is important to visit early on to ensure that you are meeting all course requirements in addition to your major requirements

Pre-Med/Pre-Health Advisors at Career Services

- Jessica Kongthong and Nadia Mei
DEPARTMENT EVENTS

Public Health Research Day
- Panel session discussing personal experiences of panelists and the challenges and opportunities that lie ahead
- Poster session featuring over 100 posters showcasing public health research by UCSD students, postdocs, faculty, and staff

Public Health Graduate Schools Panel
- Learn about various fields of graduate study in public health, and meet alumni and current students from such programs
- Learn about available UCSD resources for Public Health students

Getting Involved – Experiential Opportunities within Public Health
- Hear ways to get involved on campus (Research at UCSD, Internships through Academic Internship Program (AIP), Internships/Jobs through Career Services using Handshake, Health Policy experiences through UC Center Sacramento and the UCDC Programs, Study Abroad through UCSD, Faculty Mentor Program, Academic Enrichment Programs, Center for Student Involvement, and HMP3 Volunteer Experiences)

Public Health Career Panel
- Hear from panelists about their work in Public Health and their path to their current careers
- Learn about available UCSD resources for Public Health students

Undergraduate Awards and Graduation Recognition Ceremony
- Recognizing excellence within the department, capstone posters & honors practicum presentations, and celebrating our graduating seniors

Check out our past workshops at: https://ph.ucsd.edu/undergrad/past-workshops
IMPORTANT RESOURCES

Advising tools
- **Degree Audit**: Check your academic progress with your degree audit.
- **General Catalog**: Read course descriptions for UC San Diego classes.
- **GPA Calculator**: Use this to project your future GPA.
- **Major and Minor**: Manage major and minor declarations.
- **Transfer Course Approximations**: Find out which classes you can transfer to UC San Diego.
- **Virtual Advising Center**: Get answers to questions from your college academic advising office and select departments.

Classes & enrollment tools
- **WebReg**: Plan your schedule, then register for classes and add, drop, and change them.
- **Schedule of Classes**: See class times, sizes, available seats, prerequisites, course evaluations and faculty listing.
- **Enrollment Authorization System (Easy)**: Request enrollment authorization for classes.
- **Holds**: Find out if and why you have a hold, and how to get it removed.
- **Canvas**: Faculty use this platform to assign homework, facilitate discussions, and post notices to the class.

Grades & transcript tools
- **Academic History**: See your grades and unofficial transcript.
- **Academic History as an alumni**: See your grades and unofficial transcript using **Social Login** after you have graduated.
- **Late Grades Report**: If you don't see a grade listed for a class (10 days after the end of the quarter), check this list, then contact your instructor.
- **Order Transcripts**: Order your transcript online.
- **Order Transcripts as an alumni**: Order your transcript online using **Social Login** after you have graduated.
- **Order Verifications**: Order your verification documents online.
- **Track Verification Orders**: See if your requested verification has been sent.
WebReg Tutorial

- [http://iti.ucsd.edu/ITSProj/WEBREG1/story_html5.html](http://iti.ucsd.edu/ITSProj/WEBREG1/story_html5.html)

Important Information Regarding the Fall 2020 Schedule of Classes:

Classes will be offered in 3 different instruction methods: 1) in-person, 2) fully remote, and 3) hybrid, a combination of in-person and remote meetings. Below is how to identify the different methods of instruction as you plan and register for classes:

- **In-Person:** Every class meeting time for the course will have an *on-campus building* and *room*.
- **Fully Remote:** Every class meeting time for the course will have a building name *RCLAS*.
- **Hybrid:** Class meetings times for a course will have a combination of an *on-campus building* and *room* assignment and a room assignment with the building name *RCLAS*.

In an effort to strictly enforce social distancing in the classroom, the enrollment capacity of in-person and hybrid classes will not exceed 50 students. No exceptions will be made.
FINAL NOTES & QUESTIONS

• Beginning on August 3rd, all students will have access to the Virtual Advising Center (VAC). http://vac.ucsd.edu/

• Public Health will no longer respond to any messages sent to our publichealth@health.ucsd.edu

  All questions must be sent through the VAC

• 30 minute advising appointments will begin again on Monday, September 28th. If you would like to schedule an appointment please send us a VAC message on or after Monday, September 28th.

THANK YOU!