TODAY’S EVENT IS BEING RECORDED
Welcome Nadia Mei
HeathBeat Advisor, UC San Diego Career Center

So you’re thinking about graduate school...
Some questions to consider...

- Do you need to further your education or training?
- How will a graduate degree enhance your career path and long term goals?
- What area of public health or healthcare are you interested in?
- Do you need to get research, service or clinical work experience before applying?
- Length of commitment (1-2+ years)?
- What are the financial investments necessary for graduate or professional school?
Many Graduate Options

<table>
<thead>
<tr>
<th>Master’s</th>
<th>Doctorate</th>
<th>Joint/Combination Degrees</th>
</tr>
</thead>
<tbody>
<tr>
<td>MPH</td>
<td>DrPH</td>
<td>MD/MPH</td>
</tr>
<tr>
<td>MSPH</td>
<td>PhD</td>
<td>DO/MPH</td>
</tr>
<tr>
<td>MPA</td>
<td>PhD/MPH</td>
<td>PharmD/MPH</td>
</tr>
<tr>
<td>MHA</td>
<td>MD/PhD</td>
<td>DVM/MPH</td>
</tr>
<tr>
<td></td>
<td>DO/PhD</td>
<td>DPT/MPH</td>
</tr>
</tbody>
</table>

and more...

For more information about specific graduate programs, visit ph.ucsd.edu/undergrad and click on Planning Your Future, or https://go.ucsd.edu/3f3y0b3

Different Outcomes, Different Degrees

<table>
<thead>
<tr>
<th>Program</th>
<th>Interest</th>
<th>Career</th>
</tr>
</thead>
<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>
</tbody>
</table>
## Many Graduate Options

<table>
<thead>
<tr>
<th></th>
<th>MD</th>
<th>PhD</th>
<th>MD/PhD</th>
<th>MD/MPH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to create new knowledge</td>
<td>Limited</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Self-directed learning</td>
<td>Medium</td>
<td>High</td>
<td>Mixed</td>
<td>Mixed</td>
</tr>
<tr>
<td>Structured learning</td>
<td>High</td>
<td>Low</td>
<td>Mixed</td>
<td>High</td>
</tr>
<tr>
<td>Length of school</td>
<td>4 years</td>
<td>4-6 years</td>
<td>7-8 years</td>
<td>5-6 years</td>
</tr>
<tr>
<td>Direct interaction with patients</td>
<td>High</td>
<td>Generally none</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Requires significant memorization</td>
<td>High</td>
<td>Medium</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Cohesive classmate culture</td>
<td>High</td>
<td>Low/medium</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Flexible schedule</td>
<td>Low</td>
<td>High</td>
<td>Mixed</td>
<td>Mixed</td>
</tr>
<tr>
<td>Class size</td>
<td>Large</td>
<td>Generally small</td>
<td>Small</td>
<td>Mixed</td>
</tr>
<tr>
<td>Small group learning</td>
<td>Varies</td>
<td>High</td>
<td>Mixed</td>
<td>Mixed</td>
</tr>
<tr>
<td>Debt from tuition/ living expenses</td>
<td>High</td>
<td>Limited to none</td>
<td>Limited to none</td>
<td>High</td>
</tr>
</tbody>
</table>

## Common Areas of Study

- Biostatistics & Informatics
- Community Health
- Environmental & Occupational Health Sciences
- Epidemiology
- Global Health
- Health Policy & Management
- Health Promotion & Communication
- Maternal & Child Health
- Minority Health & Health Disparities
- Public Health Nutrition
- Additional Areas of Study
Certificates/Continuing Education

• Certified Health Education Specialist (CHES)
• Certified in Public Health (CPH)
• Certification in Infection Prevention and Control
• Federal Emergency Management Agency (FEMA) Certification
• National Healthcare Disaster Certification
• UCSD Extension: Healthcare (20+certificate or program options)

Additional Post-Grad Options

• Get work experience
• Certificates and Continuing Education (CHES, CPH, FEMA, UCSD Extension healthcare- programs or certificates)
• Gap year opportunities: service, research, internships, and fellowships:
  • Peace Corps
  • Teach for America
  • City Year
  • AmeriCorps (Community Health Corps)
  • Project Horseshoe Farm
  • Scribe America
  • National Institute of Health (NIH) Postbac program
How Do You Want to Contribute to Public Health?

• Public policy maker
• Advocate/lobbyist
• Health educator
• Healthcare professional
  (physician, nurse, dentist, physician assistant, veterinarian, physical therapist, etc.)
• Researcher
• Occupational health and safety regulator or inspector
• Health informatics analyst
• Academic researcher or faculty member
• Non-Profit manager/worker

Choosing a Graduate Program

Consider...

• Programs and concentrations/tracks offered
• Program delivery: on-campus, online, or hybrid
• Program accreditation (CEPH); institutional accreditation (regional or national)
• Experiential opportunities (research, clinical, internships, etc.)
• Mission statement and reputation of program
• Class size
• Geographic location
• Tuition and financial aid
Applying to a Graduate Program

Prepare...

• Resume or CV (Curriculum Vitae)
• Letters of Recommendation
• Official transcripts from all higher education institutions attended
• Application essays
• GRE or other standardized admissions test (depending on program)
• Writing sample, portfolio, publications (depending on program)

Career Center Resources

• HealthBeat Advising (drop in M-F 10 am - 3 pm)
• HealthBeat Career Guide
• UC San Diego LinkedIn Alumni Network
• Tritons Connect
• Handshake
  • Jobs
  • Internships
  • Research
  • Career resources
  • Scheduling appointments
  • Career Fairs and other events

Visit healthbeat.ucsd.edu for advising, follow @healthbeatucsd on Facebook and @healthbeat_ucsd on Instagram, or e-mail healthbeat@ucsd.edu!
Welcome our Panelists

Sneha Challa, MPH, PhD

Sneha is currently a research analyst at UCSF working on programs to promote maternal and child health and improving access to contraceptive methods in several countries in sub-Saharan Africa. She is passionate about gender equity and access to quality sexual and reproductive health.

Sneha is a recent graduate of the SDSU-UCSD Joint Doctoral Program in Public Health-Global Health. While completing her doctoral degree, Sneha worked at the UCSD Center on Gender Equity and Health on an evaluation study of a family planning program in rural Niger.

Prior to attending graduate school at SDSU and UCSD, Sneha completed her MPH at the University of Michigan and worked on a large-scale systematic review at the United States Agency for International Development.

Contact Sneha on LinkedIn or at schalla90@gmail.com
Ruohui (Matt) Chen

Matt is currently a PhD candidate in Biostatistics at the Herbert Wertheim School of Public Health at UC San Diego.

His research interests include methods for large healthcare data analysis, functional data analysis, predictive modeling, longitudinal data analysis, survival analysis, and causal inference. Other than research, he also loves teaching, and had some great teaching experience at both University of Pennsylvania and UCSD.

Outside of work, he is a quite active person who loves hiking, working out, painting and surfing.

Contact Matt on LinkedIn or TritonsConnect, or at r3chen@ucsd.edu

Shelton Lo, MPH

Shelton is a graduate of UC San Diego, with both a Bachelor of Science in Public Health and an MPH. He is a current PhD student at Harvard T. H. Chan School of Public Health.

His major research interests lie in occupational and environmental health and chronic health outcomes. Shelton’s current goal is to work towards a PhD in population health sciences, and he is excited about furthering his knowledge in this field. He hopes to make a valuable academic contribution & be able to improve health in the community.

Contact Shelton at S8Lo@ucsd.edu
Cecilia Rangel-Garcia, MPH

Cecelia was raised in the Central Valley of California, with two older sisters. She attended Loyola Marymount University and received a BA in Psychology.

She is currently enrolled in the PRIME program at UC San Diego, which is a dual-degree MD/Master’s program. This program was created to support students who will work in underserved communities.

Cecelia completed her MPH at UC San Diego in June 2020 and is currently applying to psychiatry residency programs, to start in June 2021 after medical school graduation. Her goal is to work as a child and adolescent psychiatrist and public health advocate to provide safe, culturally appropriate care to youth and their families, increase access to mental health care and improve mental health literacy.

Contact Cecilia at crangelg@health.ucsd.edu

Elizabeth Terrazas, MPH

Elizabeth holds a BA in Biological Anthropology and a minor in Healthcare Social Issues from the University of California, San Diego. She also holds a Master’s degree in Public Health, emphasis in Health Promotion from National University, and is a Spanish/English CCHI certified healthcare interpreter.

Elizabeth has over 10 years of experience working in San Diego-based nonprofit organizations. Her work has included medical case management, health education, diabetes prevention, binge and underage drinking prevention, and refugee and asylum seeker health. Elizabeth is an APHA member and active member of the Latino Caucus for Public Health’s Young Professionals Network Committee.

She is currently the Program and Education Manager for the Alzheimer’s Association San Diego/Imperial Chapter and is a member of several committees within the organization that focus on diversity and inclusion.

Contact Elizabeth on LinkedIn or TritonsConnect
Kyle Underwood

Kyle is a 2nd year Master of Health Administration Student at the University of Southern California.

He completed his Bachelor’s degree from the University of California, San Diego, majoring in Public Health with a minor in Business. Kyle is currently an administrative resident for Providence Health in Los Angeles, CA working in strategy, business development, and network operations. He aspires to be a leader who transforms the way health care is delivered by promoting patient-centered decision making and ultimately elevating the quality of care for all.

When Kyle is not in school or working, he enjoys relaxing at the beach, trying new foods, and spending time with family and friends.

Contact Kyle on LinkedIn or at keunderw@usc.edu

PANEL DISCUSSION

Thank you for providing questions for our panelists!