2020 Public Health Career Panel
Thursday, March 5th
4:30-7:00pm
Leichtag Rm 107
Welcome & Opening Remarks

Panelist Introductions
- Dennis Trinidad, PhD, MPH

Panelist Presentations
- Jessa Anderson, PhD
- Jackie Baker Werth, MPA
- Lt. David Cruz, MBA, MPH
- Sharon Hughes Johnson, MPH
- Sandahl Nelson, PhD, MS
- Linda Salgin, MPH
- Amanda Walker, MS

Career Services & Resources
- Nadia Mei, MA

Q&A Session with Panelists

Closing Remarks
- Michael Pratt, PhD, MPH

Networking
Acknowledgements

- FMPH Education Coordinators
  - Dina Rodgers
  - Ryan Raymond
  - Rosemarie Subala
  - Charito Esguerra
  - Sarah Dauchez
  - Carrie Goldsmith
  - Hollie Ward

- Department of Family Medicine and Public Health
  - Cheryl Anderson, PhD, MPH, MS- Interim Chair
  - Dennis Trinidad, PhD, MPH- BSPH Director
  - Michael Pratt, PhD, MPH- MPH Director
  - Maddy Noble, MPH- Research and Public Relations Analyst

- Career Services Center
  - Nadia Mei

- Panelists

- Students
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/Casework
- 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
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/index.html
Meet the Panelists!

Lt. David Cruz, MHA, MPH
Division Officer
Global Health Engagements
Navy Environmental & Preventive Medicine Unit

Jackie Baker Werth, MPA
Performance Improvement Manager
Public Health Services
County of San Diego
Health & Human Services

Sonali Nataraj, PhD, MS
Biostatistician/Epidemiologist
Precision for Medicine

Amanda Walker, MS
Research Associate
UC San Diego

Linda Salgin, MPH
Program Manager
All of Us Research Program

Sharon Hughes Johnson, MPH
Administrative Analyst
County of San Diego
Health & Human Services

Jess Anderson, PhD
Senior UX Researcher
ServiceNow

03/06/20
5:00pm
Leichtag 107
Panelist: Jessa Anderson, PhD
Who Am I?

- **Background:**
  - SD Native
  - Passion for health

- **Education**
  - 2006-2010: CU Boulder: *BA in Psychology and English Literature Analysis*
  - 2012-2017: UCSD & SDSU JDP: *PhD in Public Health*
    - Emphasis Health Behavior

- **Professional Experience**
  - 2010-2014: ResearchWorks: *Project Manager and Consultant*
  - 2017-2019: West Health Institute: *Senior Research Analyst*
  - 2016-2020: SDSU and UCSD: *Faculty Lecturer*
Current Position

2019-Current: ServiceNow: Sr UX Researcher
- Customer/user focus
- Mixed methods is key
  o Qualitative
  o Quantitative
- Outcomes vary
  o MVP
  o Reduce risk of implementation

Fall 2019: Faculty Lecturer
- FMPH 412: Health Communication and Promotion

Fall 2019-present: Consultant
- Leading research design to measure impact
Words of Wisdom

- Recognize you will have multiple jobs
- Use jobs as stepping stones
- Think about what **you** will get from each job before accepting
- Network – always!

LinkedIn: Jessa (Engelberg) Anderson
Panelist: Jackie Baker Werth, MPA
Who Am I?:

My Background is NOT Traditional Public Health

- 1990: Masters of Public Administration, University of Pittsburgh, Graduate School of Public and International Affairs
- 1990-92: Presidential Management Intern
- 1999-2000: County of San Diego, Performance Auditor
- 2000-2020: County of San Diego, Health & Human Services Agency
  - Health Services Project Coordinator, Office of Strategy & Evaluation
  - Manager, Live Well San Diego Support Team
  - Performance Improvement Manager, Public Health Services Department

Certifications:
- Lean Six Sigma Black Belt
- Project Management (PMP)
What Am I Doing Today?:

Performance Improvement Manager, Public Health Services Department

- Coordinate Accreditation and Reaccreditation
- Facilitate Strategic Planning
- Coordinate Performance Management, including Maintaining a System
- Lead Quality Improvement Activities, providing Technical Assistance to 8 projects per year
- Support Capacity Building in all areas—including designing policies, supporting committees of lead staff and champions, securing and facilitating training
Words of Wisdom:

Your Strengths Emerge: Listen, Trust, and Follow

- Everyone has strengths, you do best when you listen and look for opportunities that align.
- Be open to the idea that your career path may not be a straight line.
- Being a team player is not only important, it is most important.
- Learn to juggle and multi-task.
- Public health (just like other fields) is always evolving, be ready to evolve with it.
- Don’t just learn your job, learn how to grow your job.
- Personal characteristics—calmness; positivity; ability to think critically, speak clearly and decisively—all critical to lead.
- Distinguish yourself by being able to manage and administer effectively.
Panelist: Lt. David Cruz, MBA, MPH
Who Am I?

**Background:** LT David L. Cruz, Medical Service Corps, USN

- 2005: University of South Florida, Communication, BA
- 2008: University of Miami: International Business, MBA
- 2011: Florida International University: Environmental Health and Occupational Health, MPH
- 2011 - 2014: Environmental Health Division Officer, NMCSD
- 2014 - 2017: Company Commander, Charlie Surgical Company, 1st Medical Battalion
- 2017 - Present: Global Health Engagements Division Officer, NEPMU - 5

**Deployments:**

- Operation Enduring Freedom, Afghanistan
- Southern Partnership Station: Central and South America
- Pacific Partnership: Oceania Region and Asian Pacific Region
- Upcoming deployment: Expeditionary Medical Facility, Africa

**Current Position:** Lead Public Health Planner, Pacific Partnership 20
Current Position

- Global Health Engagements, Division Officer
- Plan and coordinate Global Health Engagements
- Lead medical mission in support Geographical Combatant Commands
- Train and mentor personnel to support Global Health missions
- Conducting Pre-Deployment Site Surveys developing Subject Matter Expert Exchanges
- Write articles documenting lessons learns with Partner Nations, military personnel operational readiness, general public health outcomes, and overall success of missions for follow on efforts
Words of Wisdom

- Don’t be afraid of failure, don’t lose sleep over it!
- Engage with others, seek advice!
- Don’t be afraid of the path, it might lead you to fascinating experiences!!!
- Work happily!
Global Health Engagements
Panelist: Sharon Hughes Johnson, MPH
Who Am I?

- **2011**: UC San Diego: B.S. Psychology & Early Childhood Education
- **2011-2014**: LISC AmeriCorps + Bayside Community Center
  - Community Advocate and Education Programs Coordinator
- **2014-2016**: San Diego State University: M.P.H.
  - Concentration: Health Promotion and Behavioral Sciences
  - Graduate Student Worker at County of San Diego
    - Improving policy, systems, and environments
  - Well-Being & Health Promotion Office Volunteer
- **2016-2017**: County of San Diego - Management Fellow
  - Special projects in health policy and signature events
Current Position

2017-current: County of San Diego- Health and Human Services Agency - Administrative Analyst

- **Business Planning**
  - Setting and tracking operational goals

- **Policy, Process, and Procedure Development**
  - Writing policy, processes, and procedures
  - Gaining consensus across stakeholders
  - Streamlining approval processes

- **Data Reporting**
  - Reporting system use metrics to leadership

- **On-boarding Live Well San Diego Partners**
  - Working with community stakeholders and across County departments
Words of Wisdom

- Pursue opportunities that excite you!
- In any position, there is always something to learn or someone to meet.
- Know who your advocates are.
Panelist: Sandahl Nelson, PhD, MS
Who Am I?

Background:
- 2005: UCSD: BS Physiology and Neuroscience
- 2007: UCSD: MS Biology
- 2007-2008: RA II: Ferring Research Institute
  - Designed and executed pre-clinical in vivo studies for endocrine pharmaceuticals
- 2008-2012: AP Statistics Teacher
- 2012-2014: UCLA: MS Biostatistics
  - Statistician, Semel Institute –Center for Community Health
  - Longitudinal analysis of community health intervention
- 2014-2018: UCSD/SDSU: PhD Epidemiology
  - UCSD Moores Cancer Center
  - Analysis of RCTs of lifestyle interventions among cancer survivors
- Current Position: Biostatistician: Precision for Medicine
Current Position

Biostatistician at Precision for Medicine
CRO Specializing in Oncology and Rare Diseases

What I do …

Why I like working in industry…
• Every study feels like a big step in science!!
• Lots of different work (CRO)
• Work in teams (support programmers)
• Work in teams / comradery in the workplace
• Job security
Words of Wisdom

*Take a break to get work experience before grad school!!*

Preparing for industry

• Every job wants some experience
• UCSD Extension SAS and/or CDISC courses
• Take an internship at the type of job you want to work at*

Sandahl.nelson@precisionformedicine.com
Panelist: Linda Salgin, MPH
Who is Linda Salgin?

- 1st generation Turkish-Armenian
- 2008-2010: Los Angeles Pierce Community College
- 2010-2012: University of California, Los Angeles - B.A. in Psychology
- 2012-2013: Gap Year (various internships + part time jobs)
  - Hollywood HEART
  - UCLA Social Affective Neuroscience Lab
  - UCLA Youth Stress & Mood Program
- 2013 – 2015: San Diego State University - MPH in Social and Behavioral Sciences from SDSU
  - Planned Parenthood Intern
  - Evaluation Specialist, UCSD School Wellness Programs
  - SDSU Research Foundation
Current Position

• 2015 - 2018: Program Supervisor
  • Comprehensive High Impact Prevention (CHIP)
    • CDC funded 5 year HIV Prevention Program in Young Gay Men in South Bay
  • KOMEN
    • Breast Cancer Screening & Education
  • Stanford Chronic Disease Self-Management Program
    • Chronic Disease Self-Management with Persons Living with HIV
  • Health Education in Chaldean Middle Eastern Communities
    • Diabetes & Hypertension

• 2018 – Present: Program Manager, All of Us Research Program
  • NIH funded research program to develop largest and most diverse data base for precision medicine initiatives.
  • Internal Review Board
    • Review and Approve all SYHealth related research programs.
Words of Wisdom

• Don’t be afraid to change your mind or say no!
  • You don’t need to take the 1st job that gives you an offer
    • Find something that you really align with

• Step Back
  • Understand your work structure before implementing new changes
  • Get staff/co-workers/community input

• You have your entire life to stress – have a solid work-life-balance
  • Everything will always work out eventually
Panelist: Amanda Walker, MS
Who Am I?

Education

- 2002: Gettysburg College – BA in Health and Exercise Sciences
- 2004: University of Florida – MS in Parks, Recreation and Tourism Management

Career Path

- 2004 - 2005
  - Project Manager, Florida Traffic and Bicycle Safety Education Program
  - Assistant Director, Bike Florida
- 2005 - 2016: Research Coordinator, Active Living Research
  - Grant coordination and technical assistance, conference planning, communication and dissemination of research findings, development of journal supplements

@ALR_AWilson
Current Position: SRA II

- Physical Activity Research Center
  - Co-PIs: Renée Umstattd Meyer, Baylor University and Aaron Hipp, North Carolina State University

- Physical Activity Policy Research Network Coordinating Center
  - PI: Keshia Pollack, Johns Hopkins University

- HAPI-CHI: A Healthy Aging Study
  - Co-PIs: Suzi Hong, UC San Diego and Laura Redwine, University of Southern Florida

- Open & Ask - Improving Patient-Centered Communication in Primary Care: A Cluster Randomized Controlled Trial of the Comparative Effectiveness of Three Interventions
  - PI: Ming Tai-Seale, UC San Diego

- What is next?
Words of Wisdom

- Submit abstracts to present at professional conferences.
- Look for national organizations and networks that you can be part of.
- Get involved in your local community.
- Don’t work to live – find something you are passionate about.
- How can your work can make an impact and improve people’s lives?
Career Services & Resources: Nadia Mei, MA
Career Resources for Public Health

HEALTH BEAT
Health professions advising at UC San Diego
Career Center

- Professional and graduate school exploration
- Career, job and internship resources
- Resume and cover letter review
- Mock interviewing
- Salary negotiation
- Events
  - Career Fairs
  - Workshops
  - Information sessions
  - Industry panels and networking
Visit

career.ucsd.edu
to access the
Career Guide!
Resources

Handshake
  ○ jobs
  ○ Internships
  ○ Research
  ○ Career resources
  ○ Scheduling appointments
  ○ Career Fairs and other events

UC San Diego Alumni LinkedIn Group

Tritons Connect
Post-Grad Considerations

- Do you need to further your education or training?
- What area of public health are you interested in?
- Do you want to get research, service or clinical work experience?
- Go abroad or stay in U.S.?
- Length of commitment (several months to 1-2 years)?
- How will this work/experience benefit your long term career goals?
Post-Grad Options

- Get work experience
- 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
Post-Grad Education

➔ Certificates and 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 (16 certificate program options)
➔ Master’s degree (MPH or MSPH)
➔ Doctorate or PhD
We offer strategic one-on-one advising and planning for students interested in applying to any health professional school.

Quick Questions? Email us.
- Health Beat Advising
- Pre-Med Advice from Med Students (PAMS)
- Health Beat Student Council

**DROP-IN ADVISING CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Thursday, Oct 18</td>
<td>10:00am</td>
<td>Lauren (CPEP) Drop-In Hours</td>
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<td></td>
<td>10:30am</td>
<td>Adile's Drop-ins</td>
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<td>12:30pm</td>
<td>Mariela (CPEP) drop in hours</td>
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<td></td>
<td>1:00pm</td>
<td>Sallia's CPEP Drop-in hours</td>
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<td>Friday, Oct 19</td>
<td>10:00am</td>
<td>Erika (CPEP)</td>
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<td>10:00am</td>
<td>Lauren (CPEP) Drop-In Hours</td>
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<td>10:00am</td>
<td>Mariela (CPEP) drop in hours</td>
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<td>11:00am</td>
<td>Raulito's CPEP Drop-in Hours</td>
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Events shown in time zone: Pacific Time - Los Angeles

[Google Calendar Link]
Good Luck!

Walk-in Advising: M-F 10:00am-3:00pm

Pre-health Appts: Juniors/Seniors

WEB: career.ucsd.edu

WEB: healthbeat.ucsd.edu

EMAIL: healthbeat@ucsd.edu

@healthbeatucsd

@healthbeat_ucsd
Q & A Session