WELCOME PUBLIC HEALTH STUDENTS

BSPH Undergraduate Program Director:
Dr. Dennis Trinidad

BSPH Academic Advisor:
Dina Rodgers

Research and Public Relations Analyst & Career Advisor:
Maddy Noble

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

UC San Diego Bachelor of Science in Public Health

UC San Diego Bachelor of Science in Public Health
FRIENDLY REMINDER

THIS SESSION IS BEING RECORDED
WHO WE ARE

Dennis Trinidad, PhD, MPH
BSPH Undergraduate Program Director

Dina Rodgers, MBA
BSPH Undergraduate Advisor

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

Establishment of UC San Diego School of Public Health Approved

ucsdnews.ucsd.edu
POLL 1 & 2

1) What is your current class level when you are entering UCSD?

A. Incoming Freshman (coming from somewhere in California)
B. Incoming Freshman (coming from somewhere in the United States)
C. Incoming Freshman (coming from another Country outside of the United States)
D. Incoming Transfer (from a California Community College)
E. Incoming Transfer (from a Community College outside of California)
F. Incoming Transfer (from another University of California)
G. Incoming Transfer (from another 4-Year University)

2) Were you accepted directly as a Public Health Major by UC San Diego Admissions or are you pursuing the Public Health Major?

A. I was accepted as a Public Health Major
B. I am pursuing the Public Health Major once entering UCSD
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 & onward.

Looking for a good starting point?

Visit the UC San Diego Careers Service Plan for your Future Page. You can start off strong and begin your Roadmap, see what exciting opportunities await, going beyond the basics with in-depth resources and useful 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

check out our new page!
“Planning your Future in Public Health”

http://ph.ucsd.edu/undergrad/planning-your-future/index.html
CAREERS IN PUBLIC HEALTH

Planning your Future in Public Health
Areas to Explore in Public Health
Careers in Public Health
Post-Undergraduate Studies
Fellowships and Internships

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

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

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 pursing.

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
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.)
3) What do you see as your biggest challenges as a new student? (Please choose up to three)

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<tr>
<td>A.</td>
<td>Finishing within the allotted amount of time</td>
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<td>B.</td>
<td>Selecting my classes</td>
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<td>C.</td>
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<td>D.</td>
<td>Reconciling major requirements with graduate school requirements</td>
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<td>E.</td>
<td>Completing all pre-med requirements along with major, college, and university requirements</td>
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<td>F.</td>
<td>Figuring out the career path that best suits me</td>
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<td>G.</td>
<td>Learning where to look for resources</td>
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<td>H.</td>
<td>Obtaining an internship</td>
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<td>I.</td>
<td>Working on research with faculty</td>
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<td>J.</td>
<td>Getting involved on campus</td>
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### POLL 4

**4) What Health Careers/Areas (within Public Health) are you interested in pursuing/exploring?**

| A. Behavioral Health/Psychologist       | H. Health Administration/Management or Health Policy: JD/LLM (Law) |
| B. Biostatistics and Informatics       | I. Healthcare: DDS/DMD, MD/DO, Nutritionist, ODS, PA, Pharm D, PT/OP, RN/NP |
| C. Community Health, Maternal and Child Health, or Minority Health and Health Disparities | J. University Setting (Research/teaching) |
| D. Environmental Health                |                                                                 |
| E. Epidemiology                        |                                                                 |
| F. Global Health                       |                                                                 |
| G. Government (county, state, or federal agency) or Non-Governmental Organization (NGO) or Non-Profit Organization |                                                                 |
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.
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)
- Many course options – see full list for more information
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 for more information

Capstone Experience (2 courses, 8 units)
- FMPH 193: Public Health Capstone I
- FMPH 194: Public Health Capstone II
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, 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

http://bsph.ucsd.edu/research.html
Public Health Honors Practicum – Senior Year

• 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

http://ph.ucsd.edu/undergrad/undergrad/honors-practicum.html
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: 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
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 experiences as part of BSPH, MPH, MD and PhD programs
- Learn about available UCSD resources for Public Health students

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

Undergraduate & Graduate 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/index.html
The Advising Office will be scheduling Zoom Advising Appointments for incoming students this summer beginning on June 22nd.

Until then, please feel free to email us any questions at publichealth@health.ucsd.edu. We will respond to your email within 5 business days.