INTRODUCTION TO THE MAJOR

The Molecular Environmental Biology (MEB) major introduces students to the organization and function of biological organisms at the molecular, cellular, organismal, and ecological levels. Students learn how to apply biological principles to understand how organisms function in their environment.

MEB graduates acquire a broad foundation across a breadth of biological core areas, which gives them especially valuable scientific training. A classic pre-medical or pre-health science major, MEB prepares students well for graduate education in pre-health fields and in biological research, as well as a variety of careers related to biology and the environment.

AMPLIFY YOUR MAJOR

- Apply to the Sponsored Project for Undergraduate Research (SPUR) program to pursue joint research with a faculty member.
- Conduct field research in French Polynesia through the Moorea program.
- Present your research at a Rausser College-sponsored Poster Session.

STRUCTURE OF THE MEB MAJOR

The lower division coursework provides a strong foundation in biological principles, and the upper division areas introduce students to the organization and function of biological organisms at the molecular, cellular, organismal, and ecological levels. The major also offers specialization through six Areas of Concentration: 1) animal health and behavior, 2) biodiversity, 3) ecology, 4) environmental and human health, 5) insect biology, and 6) global change biology.
## FIRST YEAR
- **Explore your major**
  - Familiarize yourself with MEB major requirements.
  - Meet with the MEB undergraduate advisor and sketch out a four-year plan.
  - Enroll in a Freshman Seminar or DeCal.
  - Consider taking some lower division courses over the summer.

- **Connect and build community**
  - Take advantage of the Student Resource Center.
  - Get involved with one of the many student groups at Rausser College.
  - Get 11 mentoring from graduate students with Berkeley Connect.
  - Apply for a research position through the SPUR program.
  - Visit the Office of Undergraduate Research and Scholarships to learn about student programs and resources.
  - Explore the Berkeley Natural History Museums.
  - Learn about service and leadership opportunities with the Public Service Center and LEAD Center.
  - Explore study abroad options with Berkeley Study Abroad.

- **Discover your passions**
  - Get to know the college’s peer advisors.
  - Attend Student Environmental Resource Center meetings to engage with sustainability issues on campus.
  - Get to know professors and graduate student instructors during their office hours.
  - Apply for a new SPUR project or the Undergraduate Research Apprenticeship Program.
  - Go to faculty office hours to learn about their research and opportunities for collaboration.
  - Consider applying to NSF REU Programs.
  - Follow a Course Thread of your interest.

- **Engage locally and globally**
  - Go to events and seminars held on campus to learn about current research.
  - Look into study abroad programs if you are interested in conducting field work abroad.
  - Apply for internships or shadowing opportunities.
  - Apply for a new SPUR or Rausser College Honors Program.
  - Go to faculty office hours to learn about their research and opportunities for collaboration.
  - Consider applying to NSF REU Programs.
  - Follow a Course Thread of your interest.

- **Reflect and plan your future**
  - Explore the resources at Berkeley Career Engagement.
  - Join Handshake to find Berkeley-specific career opportunities and workshops.
  - Create a LinkedIn profile and resume.
  - Check out the MEB Career Snapshot for information about career options.
  - Conduct informational interviews with people in careers you are curious about.
  - Take advantage of career and pre-health advising for Rausser College students.
  - Apply to graduate school? Take GRE/MCAT/DAT over the summer and start asking for recommendation letters.
  - Research potential graduate programs.
  - Attend a STEM-focused career fair.
  - Attend Employer Information Sessions and On-Campus Recruitment.
  - Utilize job board tools in your job search.
  - Explore TAMU and ECOLOG for jobs.
  - Look into the centralized SOPHAS grad school application for public health.

## SECOND YEAR
- **Explore your major**
  - Consider adding a minor or a summer minor.
  - Review the college’s guidelines for study abroad.
  - Finish the majority of your lower division courses.

- **Connect and build community**
  - Get to know the college’s peer advisors.
  - Attend Student Environmental Resource Center meetings to engage with sustainability issues on campus.
  - Get to know professors and graduate student instructors during their office hours.

- **Discover your passions**
  - If eligible, apply to the Rausser College Honors Program to pursue a year-long independent research project under the guidance of a faculty member.
  - Apply for funding in order to initiate your own project through SPUR.
  - Complete any “bucket list” courses that you still wish to take.
  - Consider submitting to the Berkeley Scientific Journal.
  - Present your research at a Rausser College poster session.
  - Teach your own DeCal course.

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## THIRD YEAR
- **Explore your major**
  - Choose an emphasis in MEB and enroll in related courses – some classes count in several emphases.
  - Start with Area B classes – they are generally easier than Area A classes.
  - Begin Area A courses. Pre-Health students should enroll in MCB 102.

- **Connect and build community**
  - Help other students as a Rausser College Peer Advisor.
  - Network with faculty and graduate student instructors to find a mentor who is conducting research on a topic that interests you.
  - Reach out to graduate student instructors who can offer guidance about post-graduation opportunities and serve as mentors.
  - Become a Golden Bear Orientation Leader and welcome new students to UC Berkeley.

- **Discover your passions**
  - Go to faculty office hours to learn about their research.
  - Attend a conference such as the Clinton Global Initiative: University Conference.
  - Look into travel grants from by college and ASUC.
  - Present your research at a Rausser College poster session.
  - Teach your own DeCal course.

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  - Go to events and seminars held on campus to learn about current research.
  - Look into study abroad programs if you are interested in conducting field work abroad.
  - Apply for internships or shadowing opportunities.
  - If interested in environmental policy, look into the UCDC program to pursue a year-long travel grant.
  - Attend Alternative Breaks or shadowing opportunities.
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## FOURTH YEAR
- **Explore your major**
  - Choose an emphasis in MEB and enroll in related courses – some classes count in several emphases.
  - Start with Area B classes – they are generally easier than Area A classes.
  - Begin Area A courses. Pre-Health students should enroll in MCB 102.

- **Connect and build community**
  - Help other students as a Rausser College Peer Advisor.
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