INTRODUCTION TO THE MAJOR

Public Health is the interdisciplinary science of preventing disease and injury to improve the health of communities and populations. Public health professionals work to identify solutions to address complex issues as wide ranging as air pollution, chronic disease, gun violence, infectious diseases, tobacco control and mental health.

The School of Public Health offers a major and summer minor that includes epidemiology, biostatistics, environmental health, and health policy. The curriculum prepares students to become changemakers in public health, for a more equitable and just world.

“...I knew I was extremely passionate about health and healthcare, but I didn’t know exactly what role I wanted to pursue...The major allows you to explore and get a feel for what best fits you.”

– Mia Salvini, Class of 2020

THE UNDERGRADUATE PROGRAM

The Bachelor of Arts in Public Health is offered through the College of Letters & Science. Undergraduate students can apply to the major after completing the lower division requirements. It is highly recommended to apply by the end of sophomore year. Students should also take steps to declare an alternate major, as Public Health is a capped major with limited capacity. Visit publichealth.berkeley.edu/admissions/undergraduate/ for more information about admission and sample plans.

Admissions rate (2011 - Spring 2022): 84.5%
Average GPA of accepted students (2021-2022): 3.47 Overall 3.44
Prerequisite 3.48

AMPLIFY YOUR MAJOR

- Find out what is “public health” by taking the seminar PB HLTH 116.
- Get involved with the Health and Medical Apprenticeship Program, Cal Undergraduate Public Health Coalition, or Peer Health Exchange.
- Serve as a University Health Services (UHS) Health Worker.
- Pursue study abroad or a minor in Global Public Health or Global Poverty and Practice.
**PUBLIC HEALTH**

**Bachelor of Arts**

**DESIGN YOUR JOURNEY**

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### FIRST YEAR

- Explore your major
  - Meet with your major and college advisor to discuss your academic plans.
  - Review major and college requirements. Check out sample plans for intended public health majors.
  - Talk to Public Health peer advisors for coursework advice and to learn about the major.

- Connect and build community
  - Get involved mentoring Berkeley Connect and L&S Mentors Program.
  - Join the Public Health Facebook page.
  - Find study groups, tutoring, and academic support at the Student Learning Center (SLC).
  - Join a Public Health student group such as the Cal Undergraduate Public Health Coalition.

- Discover your passions
  - Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
  - Get inspired by research taking place in the School of Public Health.
  - Explore service opportunities through the Public Service Center.
  - Find service opportunities through the Public Service Center.
  - Contribute to a community organization with an American Cultures Engaged Scholarship course.
  - Consider becoming a UHS Health Worker or Berkeley Free Clinic volunteer.
  - Plan your study abroad with academic resources and programs in Public & Global Health.

- Engage locally and globally
  - Visit the Career Center and Career Counseling Library.
  - Check out the Career Center Yearly Planner.
  - Sign up for Handshake and CareerMail.
  - Explore career fields through the Career Connections Series or a winter internship.

- Reflect and plan your future
  - Learn about graduate and professional school.
  - Visit the Career Center and Career Counseling Library.
  - Conduct informational interviews.
  - Follow the SPH Undergraduate Program LinkedIn page.

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### SECOND YEAR

- Complete lower division prerequisites and apply to the major at the end of your sophomore year.
- Look for courses that can satisfy both college requirements and major prerequisites.
- Explore the different electives in Public Health.
- Review major guidelines for study abroad.

- Connect and build community
  - Follow the Public Health newsletter and start attending department events.
  - As a rising junior, consider the Fung Fellowships for Wellness and Technology Innovations.
  - Get to know professors and graduate student instructors during their office hours.

- Discover your passions
  - Experience life at another UC or college on a visitor and exchange program.
  - Study and intern in Washington D.C. with UCDC or Cal in the Capital.
  - Consider a Berkeley Global Internship.

- Engage locally and globally
  - Consider becoming a UHS Health Worker or Berkeley Free Clinic volunteer.
  - Plan your study abroad with academic resources and programs in Public & Global Health.

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### THIRD YEAR

- Review your degree progress with your major and college advisors.
- Start satisfying upper division requirements.
- Get familiar with the senior capstone requirement and plan for the capstone option that best suits your needs for senior year.

- Connect and build community
  - Give back by becoming a Public Health peer advisor or student representative.
  - Welcome new students to UC Berkeley as a Golden Bear Orientation Leader.
  - Get involved in a campus organization in a concentration you enjoy or facilitate your own DeCal.

- Discover your passions
  - Explore ethical issues in health and medicine with the Health and Medical Apprenticeship Program.
  - Find research and funding opportunities in the OURS database.
  - Planning a senior thesis or project? Apply to the Haas Scholars Program.
  - Ask professors about opportunities in Public Health.

- Engage locally and globally
  - Experience life at another UC or college on a visitor and exchange program.
  - Study and intern in Washington D.C. with UCDC or Cal in the Capital.
  - Consider a Berkeley Global Internship.

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### FOURTH YEAR

- Do a degree check to ensure you are on track to graduate.
- Complete any "bucket list" courses and remaining major, college, and campus requirements.
- Complete your capstone requirement.

- Connect and build community
  - Join a professional association such as the American Public Health Association.
  - Connect with alumni groups like Public Health Alumni Association and build your network as you prepare to graduate.
  - Continue utilizing clubs as a way to stay connected to peers interested in public health.

- Discover your passions
  - Teach your own DeCal course.
  - Undertake an optional honors thesis or independent study and get published in the Public Health Advocate.
  - Keep pursuing your interests through a fellowship or gap year after graduation.

- Engage locally and globally
  - Explore service opportunities after graduation, such as Peace Corps.
  - Take advantage of the Haas Scholars Program.
  - Enroll in a Sophomore Seminar. Big Ideas Course or Discovery Course.
  - Conduct informational interviews.
  - Follow the SPH Undergraduate Program LinkedIn page.

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### WHAT CAN I DO WITH MY MAJOR?

The Public Health major is primarily intended to prepare students for graduate study in a variety of fields. Students who work after obtaining their degree are employed by government, private, and nonprofit organizations.

- **Jobs and Employers**
  - Asst. Clinical Research Coordinator, UCSF
  - Asst. Language Teacher, JET Community Worker, Alameda Health Consultant, Kaiser Permanente Data Scientist, Euclid Analytics
  - Disaster Preparedness MGR, Americorps
  - Emergency Planning Aide, City of SF Family Advocate, YMCA
  - Fellow, Congress: Hispanic Caucus Health Educator, Marin City
  - HIV Counselor, AIDS Healthcare Member Advocate, Collective Health Policy Analyst, The City Project Program Coordinator, Ctr. for Care Public Health Advisor, CDC Research Asst., MD Anderson Cancer Research Analyst, UCSF
  - Strategy Consultant, Accenture Volunteer, Peace Corps

- **Graduate Programs**
  - Biological Sciences, Masters
  - Biostatistics, PhD
  - Education, Masters
  - Epidemiology, Masters
  - Interdisciplinary Studies, Masters
  - Law, JD
  - Medicine, MD
  - Nursing, Masters
  - Optometry, OD
  - Pharmacy, PharmD
  - Public Health, Masters, MPH

Examples gathered from the First Destination Survey of recent Berkeley graduates.

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