



Photo credit: Keegan Houser

CONNECT WITH US

Cal Day

Come to UC Berkeley's annual **Open House** in April for information sessions, campus tours, special talks, and more.

Golden Bear Orientation

Join your peers in the campus-wide UC Berkeley **orientation** program for all new students.

Events

Attend department events with students, staff, and faculty. View the Public Health Undergraduate Newsletter at facebook.com/sphundergraduate.

ADVISING

Advisor email: sphug@berkeley.edu
 Advisor Appointments: sphug.setmore.com
 Advisor Drop-In Hours: tinyurl.com/sphugdrop-in

Peer Advisor email: sphugpeers@berkeley.edu
 Peer Advisor Appointments: sphug.setmore.com
 Peer Advisor Drop-in Hours: tinyurl.com/sphugpeers

Appointments are viewable 10 days in advance.
 Drop-in hours are updated weekly.

HOW TO USE THIS MAP

Use this map to help plan and guide your experience at UC Berkeley, including academic, co-curricular, and discovery opportunities. Everyone's Berkeley experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

Visit ue.berkeley.edu/majormaps for the latest version of this major map.

Berkeley Public Health

School of Public Health

2121 Berkeley Way West, Suite 2210
 Berkeley, CA 94720

publichealth.berkeley.edu/undergraduate

PUBLIC HEALTH

Bachelor of Arts

Berkeley
 UNIVERSITY OF CALIFORNIA

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.



Photo credit: Nolan Pokpongkiat

“ 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)

Prerequisite 3.47 Overall 3.44

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



	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR	
Explore your major	<p>Meet with your major and college advisor to discuss your academic plans.</p> <p>Review major and college requirements. Check out sample plans for intended public health majors.</p> <p>Talk to Public Health peer advisors for coursework advice and to learn about the major.</p>	<p>Complete lower division prerequisites and apply to the major at the end of your sophomore year.</p> <p>Look for courses that can satisfy both college requirements and major prerequisites.</p> <p>Explore the different electives in Public Health.</p> <p>Review major guidelines for study abroad.</p>	<p>Review your degree progress with your major and college advisors.</p> <p>Start satisfying upper division requirements.</p> <p>Get familiar with the senior capstone requirement and plan for the capstone option that best suits your needs for senior year.</p>	<p>Do a degree check to ensure you are on track to graduate.</p> <p>Complete any “bucket list” courses and remaining major, college, and campus requirements.</p> <p>Complete your capstone requirement.</p>	<p>WHAT CAN I DO WITH MY MAJOR?</p> <p>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.</p> <p>Jobs and Employers</p> <p>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</p> <p>Graduate Programs</p> <p>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</p> <p>Examples gathered from the First Destination Survey of recent Berkeley graduates</p>
Connect and build community	<p>Get 1:1 mentoring with Berkeley Connect and L&S Mentors Program.</p> <p>Join the Public Health Facebook page.</p> <p>Find study groups, tutoring, and academic support at the Student Learning Center (SLC).</p> <p>Join a Public Health student group such as the Cal Undergraduate Public Health Coalition.</p>	<p>Follow the Public Health newsletter and start attending department events.</p> <p>As a rising junior, consider the Fung Fellowships for Wellness and Technology Innovations.</p> <p>Get to know professors and graduate student instructors during their office hours.</p>	<p>Give back by becoming a Public Health peer advisor or student representative.</p> <p>Welcome new students to UC Berkeley as a Golden Bear Orientation Leader.</p> <p>Get involved in a campus organization in a concentration you enjoy or facilitate your own DeCal.</p>	<p>Join a professional association such as the American Public Health Association.</p> <p>Connect with alumni groups like Public Health Alumni Association and build your network as you prepare to graduate.</p> <p>Continue utilizing clubs as a way to stay connected to peers interested in public health.</p>	
Discover your passions	<p>Discover new interests in a Freshman Seminar or student-run DeCal course.</p> <p>Visit the Office of Undergraduate Research and Scholarships.</p> <p>Check out student-run publication The Public Health Advocate for local, national, and international perspectives on public health.</p>	<p>Enroll in a Sophomore Seminar, Big Ideas Course or Discovery Course.</p> <p>Assist faculty in their research through URAP and UROC.</p> <p>Get inspired by research taking place in the School of Public Health.</p>	<p>Explore ethical issues in health and medicine with the Health and Medical Apprenticeship Program.</p> <p>Find research and funding opportunities in the OURS database.</p> <p>Planning a senior thesis or project? Apply to the Haas Scholars Program, SURF, or do a Public Health honors thesis as your capstone.</p> <p>Ask professors about opportunities in Public Health.</p>	<p>Teach your own DeCal course.</p> <p>Undertake an optional honors thesis or independent study and get published in the Public Health Advocate.</p> <p>Keep pursuing your interests through a fellowship or gap year after graduation.</p>	
Engage locally and globally	<p>Find service opportunities through the Public Service Center.</p> <p>Explore study, internship, and research abroad options with Berkeley Study Abroad.</p> <p>Check out volunteer opportunities in health and medicine.</p>	<p>Contribute to a community organization with an American Cultures Engaged Scholarship course.</p> <p>Consider becoming a UHS Health Worker or Berkeley Free Clinic volunteer.</p> <p>Plan your study abroad with academic resources and programs in Public & Global Health.</p>	<p>Experience life at another UC or college on a visitor and exchange program.</p> <p>Study and intern in Washington D.C. with UCDC or Cal in the Capital.</p> <p>Consider a Berkeley Global Internship in the United States or abroad.</p>	<p>Hone your leadership skills with the Peter E. Haas Public Service Leaders program.</p> <p>Explore service opportunities after graduation, such as Peace Corps, Teach for America, or U.S. Department of State.</p>	
Reflect and plan your future	<p>Visit Berkeley Career Engagement and the Career Counseling Library.</p> <p>Develop a plan for getting career ready.</p> <p>Sign up for Handshake and CareerMail.</p> <p>Explore career fields through the Career Connections Series or a winter externship.</p>	<p>Learn about graduate and professional school. See Step-by-Step for planning help.</p> <p>Think about doing an internship and attend an internship fair.</p> <p>Look into Health Career Connections for paid summer internships in Public Health.</p>	<p>Follow the SPH Undergraduate Program LinkedIn page.</p> <p>Conduct informational interviews.</p> <p>Build your professional networks and attend career/graduate school fairs.</p> <p>Discuss graduate school options with advisors and professors such as the “4+1” One-Year MPH.</p>	<p>Utilize job board tools in your job search.</p> <p>Ask professors and graduate student instructors for recommendation letters.</p> <p>Attend Employer Info Sessions and On-Campus Recruiting.</p> <p>Apply to jobs, graduate school, and other opportunities.</p>	