

Photo credit: Keegan Houser

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.

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.

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



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

**C 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	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.	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.	Review your degree progress college advisors. Start satisfying upper divisio Get familiar with the senior ca and plan for the capstone opt needs for senior year.	on requirements apstone requirement	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	Get 1:1 mentoring with Berkeley Connect. 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.	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.	Give back by becoming a Publior student representative. Welcome new students to UC Bear Orientation Leader. Get involved in a campus orgation concentration you enjoy or far DeCal.	E Berkeley as a Golden anization in a	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	Discover new interests in a Freshman Seminar or student-run DeCal course. Visit the Office of Undergraduate Research and Scholarships. Check out student-run publication The Public Health Advocate for local, national, and international perspectives on public health.	Enroll in a Sophomore Seminar , Big Ideas Course or Discovery Course . Assist faculty in their research through URAP and UROC . Get inspired by research taking place in the School of Public Health.	Explore ethical issues in health the Health and Medical App Find research and funding op OURS database . Planning a senior thesis or pro Haas Scholars Program , SU Health honors thesis as your of Ask professors about opportu	portunities in the oject? Apply to the IRF, or do a Public capstone.	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	Find service opportunities through the Public Service Center. Explore study, internship, and research abroad options with Berkeley Study Abroad. Check out volunteer opportunities in health and medicine.	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.	Experience life at another UC and exchange program. Study and intern in Washingto Cal in the Capital. Consider a Berkeley Global I United States or abroad.	on D.C. with UCDC or	Hone your leadership skills with the Peter E. Haas Public Service Leaders program . Explore service opportunities after graduation, such as Peace Corps , Teach for America , or U.S. Department of State .
Reflect and plan your future	Visit Berkeley Career Engagement and the Career Counseling Library. Develop a plan for getting career ready. Sign up for Handshake and CareerMail. Explore careers through the Career Connections Series or Cal Job Shadow Program.	Learn about graduate and professional school . See Step-by-Step for planning help. Think about doing an internship and attend an internship fair . Look into Health Career Connections for paid summer internships in Public Health.	Follow the SPH Undergradur page. Conduct informational intel Build your professional networ graduate school fairs. Discuss graduate school optic	rviews. orks and attend career/	Utilize job board tools in your job search. Ask professors and graduate student instructors for recommendation letters. Attend Employer Info Sessions and On-Campus Recruiting . Apply to jobs, graduate school, and other

professors such as the "4+1" One-Year MPH.

opportunities.

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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