INTRODUCTION TO THE MAJOR

Students in the Integrative Biology (IB) major gain a broad and deep knowledge of the biological sciences as well as an excellent foundation in the biology of organisms, populations, and communities. Our research spans hierarchical levels from molecules to ecosystems, incorporating many diverse disciplines to unravel the complexity of biology.

If you are interested in medicine and related health sciences, ecology and environmental sciences, or whole-organism biology, including the study of genetic, cellular, and morphological processes in animals and plants, then this is the major for you.

AMPLIFY YOUR MAJOR

• Engage in undergraduate research on a faculty-initiated project or your own research topic.
• Get teaching experience as an Undergraduate Student Instructor or DeCal facilitator.
• Expand your perspective through study abroad while satisfying major requirements.

EMPHASES IN IB

Students majoring in Integrative Biology choose one of two emphases: Ecology, Evolution, and Organismal Biology (Emphasis 1) or Integrative Human Biology (Emphasis 2).

The lower division requirements are the same for all IB students, regardless of the emphasis. The upper division requirements differ slightly for the two emphases, but all students take lecture and lab or field lab classes from IB’s three groups: Evolution and Genetics; Ecology, Behavior, and Biodiversity; Structure, Function, and Human Health.

I love the variety of labs and classes available in Integrative Biology.

– Spring 2018 Graduate in IB
**INTEGRATIVE BIOLOGY**

**Bachelor of Arts**

**FIRST YEAR**
- Visit the [IB website](#) to learn about studying IB at Berkeley.
- Familiarize yourself with major and college requirements.
- Meet with an IB peer advisor to discuss the variety of courses offered by IB, including IB 77 and Freshman and Sophomore Seminars.

**SECOND YEAR**
- Check-in with an [IB staff advisor](#) to discuss IB’s two emphases and to review your major requirements and declaration plan.
- Volunteer with IB at Cal Day.
- Plan now if you are considering a minor or summer minor.
- Sign up for IB’s newsletter.

**THIRD YEAR**
- If still undeclared, visit the [IB website](#) to start the declaration process.
- Start upper division courses (some are taught only once every other year).
- Expand your studies with an enrichment course or elective in another department.

**FOURTH YEAR**
- Check your Academic Progress Report (APR) and meet with an IB staff advisor and college advisor to ensure you are on track to fulfill all major, college, and campus requirements.
- Finish any remaining major and college requirements.

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**Connect and build community**
- Attend Calapalooza and [explore student organizations](#) such as DIBS.
- Form a study group and get tutoring at the [Student Learning Center](#).
- Meet IB students at [Golden Bear Orientation](#).
- Follow IB on Facebook, Instagram, and Twitter.
- Attend [IB department events](#), including socials and seminars.
- Go to office hours to build relationships with professors and graduate student instructors.
- Meet with IB faculty.
- Connect with a community of biology students in the [Biology Scholars Program](#).

**Discover your passions**
- Visit the [Office of Undergraduate Research and Scholarships](#) to learn about research on campus.
- Explore new topics in student-facilitated [DeCal courses](#).
- Develop skills by teaching math and science to K-12 students in the [CalTeach Program](#).
- Earn credit through undergraduate research opportunities for IB students.
- Explore unique fields through courses such as [Biospired Design](#) or [Human Biological Variation](#).
- Assist in research from many disciplines through [URAP](#).
- Apply to [summer research opportunities](#) such as the [SURF Program](#) and [Haas Scholars Program](#).
- Apply for [fellowships](#) to fund your own research project.
- If eligible, consider applying to the [IB honors program](#).
- Teach your own [DeCal course](#).
- Enroll in non-major courses you haven’t had time to pursue or courses that are outside your comfort zone.

**Engage locally and globally**
- [Research study abroad programs](#).
- [Explore volunteering](#) opportunities on campus and in the Berkeley community (e.g., Cal Sports Medicine, Berkeley Free Clinic).
- Learn about community service opportunities with the [Public Service Center](#).
- Explore study abroad options that satisfy IB requirements.
- Consider the [Alternative Breaks](#) program to go on service-learning trips over school breaks.
- Look into the Career Center’s list of health volunteer opportunities.
- Apply for [NSF Research Experience for Undergraduates](#) programs at schools around the country.
- Attend professional association conferences for networking opportunities.
- Consider international research or exchange programs like IB’s [Study Abroad in Norway](#).
- Develop your own tropical biology research project as part of the [Moorea course](#).
- Apply for [fellowships](#) available to recent Berkeley graduates.
- Explore gap year opportunities prior to embarking on your next academic or career adventure.

**Reflect and plan your future**
- Use the Career Center’s [Yearly Planner](#) to guide your career path.
- Join [Handshake](#) and sign up for [Career Mail](#) to find Berkeley-specific internship opportunities and development workshops.
- Visit the [Career Counseling Library](#).
- Meet alumni in the [Career Connections Networking Series](#) or shadow through the [Winter Externship Program](#).
- Conduct informational interviews to learn more about different career fields, including those related to IB.
- Attend internship fairs.
- Build job search skills and confidence with [career center workshops](#).
- Explore post-grad options at [career and graduate school fairs](#).
- Ask professors for letters of recommendation.
- Plan any post-grad exams (GRE, MCAT, etc).
- Update [resume](#) and practice interviewing skills.
- Find jobs and internships through the [On-Campus Recruiting](#) program and [IB newsletter](#).
- Attend [Employer Info Sessions](#) and network through the [MCB Industry Affiliates Program](#).
- Apply to graduate schools.

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**WHAT CAN I DO WITH MY MAJOR?**

**Jobs and Employers**
- Analyst, Bank of America
- Biological Lab Aide, USDA
- Clinic Coordinator, Cal Psychcare
- Clinical Research Coordinator, UCSF
- EMT, Lynch Ambulance
- Fellow, AmeriCorps
- Medical Fellow, East Bay Ophthalmol.
- Mental Health Couns., Finch Youth
- Naturalist, Camp SEA Laboratory
- Research Assit., Stanford
- Research Associate, Genentech
- Teacher, Teach for America
- Veterinary Assistant, VCA
- Visiting Nurse, Holistic Care

**Graduate Programs**
- Animal Biology
- Biomedical Engineering
- Business
- Communication
- Computer Science
- Dentistry
- Ecology
- Education
- Evolution
- Genetics
- Law
- Medicine
- Molecular Biology
- Nursing
- Optometry
- Pharmacy
- Physical Therapy
- Public Health
- Veterinary Medicine

Examples gathered from the [First Destination Survey](#) of recent Berkeley graduates.

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