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.

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.

AMPLIFY YOUR MAJOR

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

"I love the variety of labs and classes available in Integrative Biology." - Spring 2018 Graduate in IB
INTEGRATIVE BIOLOGY
Design Your Journey
Bachelor of Arts

**FIRST YEAR**
- **Explore your major**
  - 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.

- **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.

- **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.

- **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.

- **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.

**SECOND YEAR**
- **Explore your major**
  - 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.

- **Connect and build community**
  - 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**
  - Earn credit through undergraduate research opportunities for IB students.
  - Explore unique fields through courses such as Biologically Inspired Design or Human Biological Variation.
  - Assist in research from many disciplines through URAP.

- **Engage locally and globally**
  - 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.

- **Reflect and plan your future**
  - 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.

**THIRD YEAR**
- **Explore your major**
  - 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.

- **Connect and build community**
  - Get involved with citizen science in the community.
  - Attend DIBS events.
  - Apply for leadership positions in student organizations.
  - Give back by becoming an IB Peer Advisor or tutor at the Student Learning Center.

- **Discover your passions**
  - 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.

- **Engage locally and globally**
  - 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.

- **Reflect and plan your future**
  - 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 your 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.

**FOURTH YEAR**
- **Explore your major**
  - 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.

- **Connect and build community**
  - Meet with faculty and staff advisors to discuss graduate school options.
  - Apply to teach as part of an IB course.

- **Discover your passions**
  - 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**
  - 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**
  - Consider international research or exchange for networking opportunities.
  - Look into the Career Center’s list of fellowship opportunities for IB students.
  - Enroll in non-major courses you haven’t had time to pursue or courses that are outside your comfort zone.
  - Expand your studies with an elective or course
  - Plan now if you are considering a minor or summer minor.
  - Sign up for IB’s newsletter.

**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 Asss., 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.

Updated Last: 05022022