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

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

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

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

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.

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.

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.

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 (2011-2022): 84.5%
Average GPA of accepted students (2021-2022): 3.47
Overall GPA: 3.44
### FIRST YEAR
- 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.

### SECOND YEAR
- 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.
- 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.
- 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 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 in the United States or abroad.
- 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, SURF, or do a Public Health honors thesis as your capstone.
- Ask professors about opportunities in Public Health.

### 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.
- Complete any “bucket list” courses and remaining major, college, and campus requirements.
- Complete your capstone requirement.

### FOURTH YEAR
- Do a degree check to ensure you are on track to graduate.
- Construct an integrated plan to prepare you for career success.
- Complete your career action plan.
- Complete any job search tools you may need for your career transition.
- 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 opportunities.
- Explore new interests in a field of Public Health.
- Take a Job Applications course in the Career Service Center.
- Explore your career options and attend career fairs.
- Develop a plan for getting career ready.
- Sign up for Handshake and CareerMail.
- Explore career fields through the Career Connections Series or a winter externship.

### 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 Foundation 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.