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.

“ 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

Undergraduate students in the College of Letters & Science can apply to the Public Health 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 to Public Health. Be sure to also check in with a peer advisor.

Admissions rate ~81.5%
Average GPA of accepted students (2017 - 18)
Prerequisite 3.44 Overall 3.43

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

PUBLIC HEALTH

Berkeley UNIVERSITY OF CALIFORNIA

AMPLIFY YOUR MAJOR

• Let your voice be heard by joining The Public Health Advocate.
• Find out what is “public health” by taking PB HLTH 116.
• Get involved with the Peer Health Exchange.
• Serve as a UHS Health Worker.
• Get an international perspective through study abroad or the Global Poverty and Practice minor.
PUBLIC HEALTH
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Design Your Journey

**FIRST YEAR**
- Meet with your major and college advisor to discuss your academic plan.
- 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.

**SECOND YEAR**
- 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.

**THIRD YEAR**
- Review your degree progress with your major and college advisors.
- Start satisfying upper division requirements.
- Get familiar with the capstone requirement and pick the capstone option that best suits you.

**FOURTH YEAR**
- 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 involved in a career and community mentorship program such as Berkeley Connect and the L&S Mentors Program.
- 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.

**Discover your passions**
- Enroll in a Sophomore Seminar, Big Ideas Course or Discovery Course.
- Assist faculty and graduate students in their research through URAp, UROC, and SURF-SMART.
- Get inspired by research taking place in the School of Public Health.
- Explore ethical issues in health and medicine with the Health and Medical Apprenticeship Program.
- Explore career opportunities with the Health and Medical Apprenticeship Program.
- Explore opportunities with the Berkeley HealthWorker Program.
- Experience life at another UC or college on a gap year through a fellowship or gap year program.

**Engage locally and globally**
- 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 or a Berkeley Study Abroad program.

**Reflect and plan your future**
- Learn about graduate and professional school opportunities through the Career Counseling Library.
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- Take the PSAT and practice for the SAT.
- Explore career fields through the Career Connections Series or a winter internship.
- Follow the SPH Undergraduate Program LinkedIn page.
- Conduct informational interviews.
- Build your professional networks and attend career/graduate school fairs.
- Discuss graduate school options with advisors and professors such as the “4+1” One-Year MPH.

**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, UCB
- 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
- HIV Counselor, AIDS Healthcare Foundation
- Member Advocate, Collective Health
- Mental Health Counselor, Asian Counseling & Referral Service
- Policy Analyst, The City Project
- 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**
- 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
- HIV Counselor, AIDS Healthcare Foundation
- Member Advocate, Collective Health
- Mental Health Counselor, Asian Counseling & Referral Service
- Policy Analyst, The City Project
- Strategy Consultant, Accenture
- Volunteer, Peace Corps

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