

Seattle Central College Transfer Major Planning Guide

PUBLIC HEALTH

What can I do with a major in public health?

Majoring in public health can lead to a wide variety of possible careers, particularly in government agencies or community health centers. Careers in public health include:

- Community health worker
- Epidemiologist
- Health educator
- Legislative policy advisor
- Medical director
- Nutritionist
- Public health nurse
- Research analyst

Advancing in many public health-related positions may require a graduate degree.

How can I prepare at Seattle Central for a major in public health?

Students planning to major in public health at a baccalaureate institution usually take courses in the **social sciences (such as anthropology, psychology, sociology, geography, political science, or economics) and the natural sciences (such as biology), as well as general education requirements**, to prepare to transfer. Some programs may require **calculus, statistics**, or both. Specific requirements vary according to the transfer university, so it is strongly recommended that students work with an advisor at Seattle Central as well as advisors at the universities where they are considering transferring to ensure they take the appropriate classes to be prepared to enter the major when they transfer.

Students planning to major in public health should consider earning the Associate of Arts – DTA degree to prepare to transfer. Advisors can help students look at prerequisite requirements and choose the degree that will work best for them.

Consider an emphasis to your associate degree before you transfer, such as Global Studies, Global Health or Equity and Social Justice. This can enhance your resume, personal experience and be something you put into your personal statement. You may even already have completed it without knowing it! For questions on how to plan your emphasis, please contact your advisor.

Where can I earn a bachelor's degree in public health?

Public health is offered by some universities as an undergraduate major, although it is more common as a graduate program. In the Seattle area, the only university offering a bachelor's in public health is the University of Washington, Seattle. You can use the College Navigator search engine found at <http://nces.ed.gov/collegenavigator/> to find other public health programs in Washington State or around the country.

Tips for Success as a Public Health Major

- Some public health undergraduate programs will require statistics or calculus. If your math skills are weak or it has been some time since you took math, do not put off getting started! Depending on your placement scores, you may need to take math for several quarters before you are ready to start college-level math courses.
- Check prerequisites, admission requirements, and GPA requirements at your intended transfer university early so you can be well-prepared to transfer.
- Public health is not commonly offered as an undergraduate major. If you are interested in attending a university that does not offer public health as an undergraduate major, consider choosing a different major for your bachelor's degree and earning a graduate degree in public health later on. While no specific undergraduate major is required, majors such as biology, chemistry, environmental health, environmental science, medical anthropology, or statistics could provide helpful preparation for a public health graduate program.
- Check both university *admission* and *graduation* requirements at your preferred transfer university as a guide to choosing your classes. Some universities, for example, may require a year of foreign language as a graduation requirement. It may be much easier (and cheaper!) to meet that requirement at Seattle Central rather than waiting until later.

Next Steps:

- Research the universities you are interested in attending and the prerequisite classes they require for your major.
- Meet with an advisor to choose a transfer degree, discuss prerequisites, and plan what classes you need to take in the next quarter or two.
- If you may decide to earn a graduate degree in public health instead of a bachelor's degree, research graduate programs to find out what classes you should take as an undergraduate and what other types of work or volunteer experience will make you a competitive candidate.
- Explore the professional organizations in your area of interest for more information about education and career options.