Welcome to the Fall New Student Orientation

http://globalhealthprogram.ucsd.edu/
Introductions

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Goals of Online Orientation

Understand the following:

- What is Global Health
- Global Health Major Requirements
- Pre-med + Pre-health Requirements
- Field Experience Requirement
- Study Abroad Options
- Tips for Success
- Q&A Session

*Reference your Academic Advising Guide for more detailed information.*
Understanding Global Health
WHAT IS GLOBAL HEALTH?

“Global Health is an area of study, research, and practice that places a priority on improving health and achieving equity in health for all people worldwide.

Global health emphasizes transnational health issues, determinants, and solutions; involves many disciplines within and beyond the health sciences and promotes interdisciplinary collaboration; and is a synthesis of population-based prevention with individual-level clinical care”

- Lancet 2009; 373: 1993-95
What Will I Learn Studying Global Health?

You will gain an in-depth understanding of factors related to illnesses, health, and healing from an interdisciplinary perspective that transcends national borders and regional interests and takes cultural difference and diversity fully into account.

This includes topics such as:

- Health care
- Health education
- Environmental effects on health
- Infectious diseases
- Reproductive health
- Mental health
- Health inequities
- Medical sequelae of natural disaster or political violence
- Indigenous healing practices
Academic Advising and Major Requirements
# Academic Advising

Academic advising at UCSD is shared by two sets of advisors:

**College and Major Advisors**

## College Advisor’s Role
- College General Education Requirements
- Petition course for general education requirements
- University Policies

## Major Advisor’s Role
- Major Requirements
- Petitioning a course for credit toward major requirements
- Field Experience Requirements
- Application for Special Studies Course (Independent Research 198/199)

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## Global Health Advising Information

- **Send a Message in the VAC** (available once you begin enrolling in courses)
- **Stop in during walk-in advising hours**
- **Check website** for current hours

**OR**

**Make an appointment by contacting:** ghpadvising@ucsd.edu

Please include the following in your email:
- Name, PID, Brief Description of advising needs
- 3 appointment times that work for you
Resources: Global Health emails & social media
Major Requirements

- 17 courses/68 units

- All courses must be taken for a letter grade of C- or better.

- Field Experience must be completed by the end of Fall of your graduating year (prior to enrolling in the capstone).
Global Health Major Requirements

17 courses

Lower Division Core

- **ONE of the following introduction courses:**
  - GLBH 20. Introduction to Global Health OR
  - HILD 30. History of Public Health

- **ONE of the following courses:**
  - SOCI 30. Science, Technology & Society OR
  - SOCI 40. Sociology of Healthcare Issues OR
  - SOCI 70. Sociology for Pre-Meds OR
  - PHIL 26. Science, Society & Values OR
  - GLBH 20. Introduction to Global Health (if not used for introduction course)

- **ONE Statistics course:**
  - PSYC 60. Introduction to Statistics OR
  - POLI 30/30D. Political Inquiry OR
  - MATH 11/11L. Calculus-Based Introductory Probability and Statistics (MATH 10B pre-req) OR
  - COGS 14B. Intro to Statistical Analysis OR
  - AP stats course (must have score of 3 or higher)

Course descriptions found online
UPPER DIVISION CORE

GLBH 148. Global Health and Cultural Diversity
GLBH 181. Essentials of Global Health
MGT 173. Project Management in the Health Services
One Policy Analysis course

To be taken senior year:
GLBH 150A. Capstone Part One (winter) Senior Thesis Preparation
GLBH 150B. Capstone Part Two (spring) Senior Thesis Preparation

ELECTIVES

Three Biological Science Electives (one must be upper division)
e.g. physiology of nutrition, infectious disease, environmental factors

Three Medical Social Science Electives
e.g. social and cultural context, economic and political factors

One Medical Humanities Elective
e.g. medical history, bioethics, literature

One Global Processes Elective
e.g. immigration, climate change, globalization, development

Tip: When choosing your electives, remember this is your chance to take courses that influence your path of study. If there is a Global Health topic you want to specialize in, take electives that cover that interest.

Elective courses also help you to find what you are completely passionate about!
AP & Transfer Coursework

➢ **Transfer Coursework:** All community college and AP coursework comes over as lower division and can only be applied towards lower division requirements for the Global Health Major.

➢ Coursework should appear on your academic record like this:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Score</th>
<th>Units</th>
<th>Major Requirement</th>
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</thead>
<tbody>
<tr>
<td>AP Statistics</td>
<td>3, 4, or 5</td>
<td>4</td>
<td></td>
<td>Statistics requirement</td>
</tr>
<tr>
<td>AP Biology</td>
<td>Score of 4 or 5 Exempts BILD 1, 2, and 3</td>
<td>4</td>
<td></td>
<td>BILD 3 accepted for biological science elective</td>
</tr>
</tbody>
</table>

**UCSD Approximation**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Score</th>
<th>Units</th>
<th>Major Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 220</td>
<td>Human Physiology</td>
<td>6.00</td>
<td>A</td>
<td>SP16 LD BILD 26</td>
</tr>
<tr>
<td>BIOL 102</td>
<td>Ecology &amp; Environ Biology</td>
<td>6.00</td>
<td>A</td>
<td>SP16 LD BILD 18</td>
</tr>
<tr>
<td>PSYC 104</td>
<td>Statistics/Behavioral Science</td>
<td>6.00</td>
<td>A</td>
<td>SP15 LD PSYC 60</td>
</tr>
</tbody>
</table>
Become knowledgeable about aspects of global health and see global health issues in practice!

Opportunities include: Internships, research, volunteer opportunities, and/or study abroad programs with a field experience component.
Global Health Field Experience Requirement

**Requirements:**

- 100 hours, 5 week minimum at a research, service or clinical site (or 3 weeks for international site).
- Domestic or International
- May be credit or non-credit bearing
- Placement must be pre-approved
- Students must complete all health and safety training prior to beginning at their site
- Students find their own field experience based on interests

*For more information on this requirement visit the Field Experience page.*
Field Experience Quick Facts

- Majors must complete the Field Experience requirement prior to beginning the senior capstone.
- Students may participate in a maximum of 3 experiences.
- Field experiences must last at least 5 weeks (combined) or for international experiences a minimum of 3 weeks.
COMPLETING YOUR
GLOBAL HEALTH FIELD
EXPERIENCE
REQUIREMENT

STEP 1
RESEARCH FIELD EXPERIENCE OPTIONS ON THE PRE-APPROVED LIST.
TIP: ATTEND EVENTS ON CAMPUS, NETWORK, READ THE GLOBAL HEALTH PROGRAM NEWSLETTER AND FOLLOW US ON FACEBOOK TO LOOK FOR OPPORTUNITIES.

STEP 2
DON'T SEE SOMETHING THAT FITS YOUR NEEDS?
FIND YOUR OWN EXPERIENCE & SUBMIT A PRE-APPROVAL REQUEST.

STEP 3
CONTACT THE ORGANIZATION TO INQUIRE IF OPPORTUNITIES ARE AVAILABLE AND GET STARTED. DON'T FORGET TO LOG YOUR HOURS.

STEP 4
BUT FIRST, REVIEW THE HEALTH & SAFETY INFORMATION PAGE.

STEP 5
UPON COMPLETION OF YOUR EXPERIENCE, HAVE YOUR SUPERVISOR SIGN YOUR LOG OR SEND A LETTER OF VERIFICATION TO GHPADVISING@UCSD.EDU. COMPLETE THE REFLECTION SENT TO YOU BY THE GLOBAL HEALTH OFFICE.
How do I find an experience?

- Talk to other GHP students
- Talk to your Professors
- Explore the GHP Blog
- Follow us on Facebook

Read your Global Health emails!

Explore the UC San Diego Internship portal (real.ucsd.edu)
Create your own field experience

Requires pre-approval
Keep a log of your hours

Upon return, submit a letter of verification from your site supervisor or have them sign your log.

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<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
<th>Faculty/Supervisor Verification</th>
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<td>5</td>
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</tbody>
</table>
Ethical behavior includes but is not limited to the following:

- Maintaining confidentiality of patient/participant information/data
- Following the written (and possibly unwritten rules) of the site
- Adhering to HIPAA and other relevant regulations
- Not overstepping the boundaries of your scope of training or practice

Global Health Students who want to experience global health first-hand will need to understand the following:

- The limitations in what you can and cannot do when abroad
- Ethics, Integrity, Culture, Professionalism, and Reciprocity
- Health, Safety, Security and Risk Management

*All students must complete a health and safety training prior to beginning their experience.

Students should not be providing direct patient care, such as testing, diagnosing, or treating patients.
Senior Experience/Capstone

What is the Senior Capstone?
Students take two quarter seminar courses (GLBH 150A in Winter & 150B in Spring) during their senior year.

➢ **First quarter** intensive reading and discussion in fields related to each student’s primary interest and building on their field experience.

➢ **Second quarter** workshop with critical input from all participants focused on preparing a research poster project and written senior thesis.

Students typically base their capstone thesis and project on the topic from their Field Experience which gives them the opportunity to expand, deepen, and share the insights of your Global Health Field Experience.

Students present their capstone project at the Horizons Research Symposium, to faculty, Global Health majors and minors, and the campus community.
More on the Senior Experience

Sample Senior Research Poster Projects/Thesis:

• Health Barriers and Morbidity of Afghan Refugees
• A Call to Support Male Survivors of Sexual Assault
• Cultural Competency of Drug Rehabilitation Programs for Native Populations in the U.S.
• Mobilizing for Women’s Rights: Lessons Learned from Chile and Beyond
• Birth Abuse and Disrespect as a Global Phenomenon
• The Best of Both Worlds—The Synergy between Eastern and Western Medicine
• Inadequate Sanitation and Hygiene in Rural Nicaragua
• Mexican Immigrants, Deportation, and Mental Health

Abstracts found online – Horizons Event Page
Why should I consider an Independent Research Course?

1. To fulfill Global Health Elective Requirements
   
   • The Global Health Program will accept up to two 198/199 courses to fulfill elective requirements for the major.
   
   • Must take for a LETTER GRADE.

2. To have the opportunity to explore in more detail what you have learned in the classroom or in your global health field experience

3. To engage in research on a topic of your choice, under the guidance of a Global Health affiliated faculty member of your choice
   
   • Students will carefully plan a project with the faculty advisor and be focused on a Global Health issue/topic
   
   • Throughout the course students must read scholarly materials, and then by the end of the course, they will need to incorporate them into a 10-15 page research paper.

Tip: “If you’re interested in a topic or in working somewhere, send your resume to the professor studying that topic! Put yourself out there, it can only benefit you.”

–Emma, Global Health Major, UC San Diego Class of 2016
How to find research opportunities

Use job/internship search engines
- Real portal
- Handshake
- InternLink

Contact faculty
- Find faculty members performing research interesting to you, and email them!

Global Health newsletter and newsblast
- Read all the way through our emails for new opportunities

Word of mouth - Network!
Double Major

Make sure you meet all requirements:

- Minimum 2.5 GPA
- Junior Standing (more than 90 units, less than 135 units)
- Complete as many lower division requirements for both majors as possible

Complete a Double Major Petition and attach a brief statement of purpose (reason why you are completing 2 majors).

Take your petition to the advisor for each major to review your plan and obtain their signatures.

Submit the petition to your college academic advising office. For additional information see Declare a Double Major on Blink.
What are some compatible double majors?

Any major that has overlapping courses.

Examples:
• Biology (can overlap all LD bio and two UD)
• Psychology
• Anthropology
• Sociology
• History
• Public Health

Notes:
• Global Health can typically overlap two upper division courses and all lower division coursework.
• 10 upper division courses must be unique to each major.
Adding a Minor

Minors are 7 courses - usually 5 upper division
Students may overlap all lower division courses and up to 2 upper division courses
Samples of common minors paired with a global health major include:

- anthropology
- general biology
- urban studies and planning
- psychology
- business
### Course numbers:

- **0-99** = lower division courses
- **100-199** = upper division courses (must have 90.0 units to enroll)

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#### Global Health Major Undergraduate Degree Check

**Lower-Division Requirements (12 units/3 courses):**
- **HLRD 30**: History of Public Health or GLBH 20. Intro to Global Health
- **Sociology** (choose one):
  - ASBI 100, 101, 200, 210, 212, 300, 302, 304, 306, 308
- **Principles of Public Health** (choose one):
  - PSYC 60, Math 11/116 or POLI 30.

#### Upper-Division Requirements (24 units/6 courses):

**Core Courses:**
- **GLBH 148**: Global Health & Cultural Diversity (AMSC 148)
- **GLBH 181**: Essentials of Global Health
- **MGT 173**: Project Management in the Health Sciences

**Policy Analysis Course** (choose one):

**Senior Capstone Seminars** (two courses taken WI and SP of senior year):
- GLBH 150A
- GLBH 150B

**Electives (32 units/8 courses):**

At least 6 elective courses must be upper division. Lower division electives are only accepted for the biological science requirement.

- **Biological Sciences** (choose 3, one must be upper division):
  - 1) 
  - 2) 
  - 3) 

- **Medical Social Sciences** (choose 3):
  - 4) 
  - 5) 
  - 6) 

- **Medical Humanities** (choose 1): 7)

- **Global Processes** (choose 1): 8)

- **Global Health Field Experience Requirement (GHFE)** (100 hours):

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**Reminders:**

- All coursework must receive a letter grade of C– or better.
- No more than 5 courses will be accepted from Study Abroad.
- The Global Health Field Experience requirement must be completed prior to beginning GLBH 150A & B in your senior year.
- Field experience must be preapproved and verified upon completion by submitting signed documentation from the site supervisor. Students are expected to submit a reflection upon completion.

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**Name:**

**PID:** A __________
For help with course planning see....

Course Planning PDF
Reading your Degree Audit

Requirements in blue = completed requirement

Requirements in red = missing requirements

WIP (“work in progress”) means that you are currently enrolled in the course and is not yet complete.

Field Experience Requirement:
Your Field Experience will not show as complete until you have submitted your letter of verification to the Global Health Program Office. Please submit once you have completed your hours.

Check your degree audit quarterly for accuracy and keep a record of your 4-year college coursework plan!
Tip: “Global health is so expansive! Try everything from psychology classes to anthropology to literature classes. Be a renaissance scholar and know a little bit of everything.”

– Ashley E.
When Selecting Courses...

- Remember to complete all Global Health core courses early on.
- Have many elective choices ready when registering as they change from quarter to quarter.

### Sample Four Year Plan for Global Health Majors

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Freshman</strong></td>
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<tr>
<td><strong>Sophomore</strong></td>
<td>Statistics Reqtd.</td>
<td>LD Core Requirement</td>
<td>LD Core Requirement</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Units: 8</td>
<td>Total Units: 4</td>
<td>Total Units: 0</td>
<td></td>
</tr>
<tr>
<td><strong>Junior</strong></td>
<td>UD Core Requirement</td>
<td>UD Core Requirement</td>
<td>UD Core Requirement</td>
<td>*Field Experience must be completed by the end of Fall of your senior year.</td>
</tr>
<tr>
<td></td>
<td>Elective Elective</td>
<td>Elective</td>
<td>Elective</td>
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<tr>
<td></td>
<td>Total Units: 12</td>
<td>Total Units: 12</td>
<td>Total Units: 12</td>
<td></td>
</tr>
<tr>
<td><strong>Senior</strong></td>
<td>Elective</td>
<td>GLBH 150A, Senior Capstone I</td>
<td>GLBH 150B, Senior Capstone II</td>
<td></td>
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<tr>
<td></td>
<td>Total Units: 4</td>
<td>Total Units: 8</td>
<td>Total Units: 8</td>
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</tbody>
</table>

**Lower Division Core (3):** Intro course, Statistics, LD Sociology course  
**Upper Division Core (4):** GLBH 148, GLBH 181, MGT 173, Policy Analysis Course  
**Senior Capstone Courses (2):** GLBH 150A (Winter) + B (Spring)  
**Electives (8 total):**  
**Global Health Field Experience (GHFE) –** 100 hours with approved placement (credit or non-credit bearing).
It is recommended that incoming transfer students **enroll in a maximum of 3 courses during the first quarter.**

Please contact the [Admissions Office](#) at 858-534-4831 if you are having issues with your transfer coursework appearing on your UCSD academic history.

Please visit the Global Health Program website [Transfer page](#) for more information.

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## Sample plan for students entering 2018-19

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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</thead>
<tbody>
<tr>
<td><strong>Year 1</strong></td>
<td><strong>GH LD CORE (4) - STATS</strong></td>
<td><strong>GH UD CORE (4) - GLBH 181</strong></td>
<td><strong>GH UD CORE (4) - MGT 173</strong></td>
</tr>
<tr>
<td></td>
<td><strong>GH UD CORE (4) - GLBH 181</strong></td>
<td><strong>GH UD CORE (4) - GLBH 148</strong></td>
<td><strong>GH UD CORE (4) - MGT 173</strong></td>
</tr>
<tr>
<td></td>
<td><strong>GH ELECTIVE (4)</strong></td>
<td><strong>GH ELECTIVE (4)</strong></td>
<td><strong>GH ELECTIVE (4)</strong></td>
</tr>
<tr>
<td><strong>Year 2</strong></td>
<td><strong>GH UD CORE (4) - Policy Analysis Course</strong></td>
<td><strong>GLBH 150A. Senior Capstone II (4)</strong></td>
<td><strong>GLBH 150B. Senior Capstone II (4)</strong></td>
</tr>
<tr>
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<td><strong>GH ELECTIVE (4)</strong></td>
<td><strong>GH ELECTIVE (4)</strong></td>
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<td><strong>GH ELECTIVE (4)</strong></td>
<td><strong>GH ELECTIVE (4)</strong></td>
<td><strong>GH ELECTIVE (4)</strong></td>
</tr>
</tbody>
</table>

- **Lower Division Core - LD Core (3 total):** HILD 30/GLBH 20, Statistics, LD Sociology course
- **Upper Division Core - UD Core (4 total):** GLBH 148, GLBH 181, MGT 173, Policy Analysis Course
- **GH Electives (8 total)**
Pre-Med or Pre-Health at UCSD

View pre-med planning pdf here.
What does pre-med mean?

- Pre-med means you’re planning to apply for medical school.
- You will need to complete prerequisite requirements to apply.
- If you’re applying for a different type of school (dentistry, nursing, optometry, etc), you’re considered “pre-health” and may have different courses to take.
- Review the pre-req chart here.

Note that all schools have different requirements and these are just guidelines. Please check the schools that you’re interested in applying to.
Global Health students are able to incorporate some of their pre-med and pre-health requirements into their major requirements.

- Check out the Pre-Med tab on the Global Health major page to learn more.

- Visit Healthbeat at Career Services early on to discuss planning.

- Join the Healthbeat Newsletter - receive weekly emails during the quarter that will help you on your journey towards working in a health profession.

- Begin Exploring - attend events on campus, webinars and network!
Know what it takes

- Complete pre-med requirements
- Fulfill extracurricular requirements
- Complete the MCAT exam
- Do your research
- Know your options (e.g. gap year)

GENERAL PRE-HEALTH REQUIRED COURSE WORK

General Pre-Reqs:
1 year of Biology + lab
1 year of General Chemistry + lab
1 year of Organic Chemistry + lab
1 year of Physics + labs
1 year of Calculus
1 quarter of Statistics
1 year of English

Some programs require these classes as well:
* Biochemistry
* Sociology
* General Psychology
* Genetics
* Cell Biology
* Anatomy
* Physiology
Special Programs
• \textit{HFiT-UIC} is a quarterly internship that affords developmental experiences in public health and healthcare for the underserved.

• Students accepted into this program will participate in the HFiT binational student run free clinic project located in Tijuana, Mexico, in conjunction with medical and pharmacy students from the University of California San Diego and Universidad Autonoma de Baja California.

• Two quarters of the internship program can be used to fulfill the 100 hour field experience requirement.

Students enroll in GLBH 111 and receive credit towards their medical social science elective.

• Quarterly Application announcements will be sent out.
UCSD/BLUM CROSS - BORDER INITIATIVE

• Summer Field Internship
• 2 Global Health Students Selected
• $3,000 Stipend
• 8 Week Internship - conduct supervised field work in multidisciplinary teams, addressing issues of poverty and social equity in the San Diego-Tijuana Region.

Application sent out in Spring Quarter
Unite with students and elders of diverse backgrounds and aspirations to explore the complex factors of aging!

Benefits:

- Gain a deep understanding of the factors affecting health, opportunities, and well-being across the life course
- Lead a capstone Healthy Aging Project
- Enjoy close instructor & small group interactions
- Explore and conduct research within the community
- Earn course credit (Two 6 unit sequence; WI19 +SP19)
Examples of other opportunities

**Student Orgs offer opportunities to complete Field Experience (Check out pre-approved list)**

**CFHI**: CFHI's 30+ programs in 10 countries connect students with local health professionals and community leaders transforming perspectives about self, global health, and healing.

**Flying Sams**: The UCSD Flying Samaritans run a general medicine clinic near Ensenada. Throughout the year they gather donations, fundraise, and coordinate other activities, all revolving around the operation of our clinic. They drive down monthly to Ensenada with donations, medicines, health care professionals, and volunteers to open our clinic.

**Alternative Breaks**: National or international service and learning trips that cultivate lifelong socially active and globally conscious leaders through direct service, education, diversity, reflection, investigation of social justice issues, and reorientation.
Tip: “Step out of your comfort zone, embrace ambiguity!!! I never would have imagined myself living in an isolated village in the mountains, showering with a bucket, and eating farm rats.” – Vennis H. (UCEAP Program in Thailand)

Study Abroad Options

https://studyabroad.ucsd.edu/

Global Health Opportunities
Study Abroad programs are **encouraged** and can fulfill coursework towards the Global Health major and/or the [Global Health Field Experience Requirement](#).

**Guidelines:**

- Complete the study abroad **pre-approval form** online & then GHP Offices approves or declines pre-approval.
- Courses must be UC transferable, at least 4 units and taken for a letter grade of C- or better.
- A **petition must be submitted upon return** for each course to be granted credit toward major.
- A maximum of six UCSD upper-division courses can be petitioned for credit toward the major.

**Study Abroad Timeline & Planning:**

- **Start researching options**
- **10-14 months prior to departure**
- **Apply to program**
- **9-12 months prior to departure**
- **Application deadline**
- **6-9 months prior to departure**

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[Study Abroad Timeline & Planning](#)
Global Health students may go abroad with one of the following programs:

- **Education Abroad Program (EAP)**
- **Opportunities Abroad Program (OAP)**
- **Global Seminars (GS)**

*Examples of Global Health Study Abroad Opportunities can be found online.*
UC San Diego Global Seminars

- Five-week summer session abroad
- Two courses, eight units
- Class size of 15-28 students
- Complete graduation requirements
- One-on-one interaction with a UCSD professor

Summer 2019 Options:

- PSYCHOPHARMACOLOGY IN FLORENCE
  Florence, Italy
  Professor Stephan Anagnostaras
- THE ORIGINS OF THE MIND*
  St. Andrews, Scotland
  Professor Christine M. Johnson
- SOCIAL COGNITION AND DRUGS IN AUSTRALIA
  Sydney, Australia
  Professor Jaime Pineda
What can I do with a degree in Global Health?

Careers in Global Health

Physician
Epidemiologist
Clinicians
Pharmacy
Dentistry
Nurse
Physicians Assistant

Research and Policy
Medical Officer
Health Advisor
Health Educator
Medical Researcher
Program Management
Program Development
Human Resources

Community Orgs.
Public Policy
Government Agencies
Non-Profit Work
Law
Disaster Relief Orgs.
Community Health Workers

Visit the Global Health Career Page for more details.
Where are our alumni going....

**Sample Programs:**
- Master of Science in Global Health, **UC San Francisco, UC Berkeley**
- Physician Assistant Programs
- Master of Public Health
  - sample focuses include: Sexual and Reproductive Health, Applied Biostatistics and Epidemiology, Health Policy
- John Hopkins Masters Entry Nursing Program
- MSc Medical Anthropology Program
- Masters in Health Policy & Law
- Peace Corps

Check out the careers page for more!
Tips for Success

How to be successful as a Global Health major

Get involved on campus. It could increase your job options after graduation.*

*Through both experience and connections.
Use the Career Center Resources

- **Handshake** - schedule appointments with career advisors, explore and apply to internships, sign-up for various career development workshops, and access online resources.

- **Career Assessment and Exploration Tools**

- **Interview Prep Tools**

- **Workshops** - help with structuring your resume, practicing interviews, and finding new career options you may not have heard of.

- **Health Beat** - Health Beat is the centralized pre-health advising services at UCSD. They offer advising, programming, signature events, workshops, and more to help you stay on track for your future as a healthcare professional.
Tip: Be ACTIVE IN YOUR MAJOR!

Attend & Participate in...

- Quarterly Conversations in Global Health
- Horizons of Global Health Research Symposium
- Global Health Field Experience Expo
- Global Health related campus events
- Career panels, speaker series, awareness campaigns

*Check your email and GHP Facebook page frequently for event announcements.

Also see events page.

Tip: “Join the global health student org. Talk to professors and TAs about what they are passionate about in global health — everyone is extremely knowledgeable and happy to help you learn and develop your own global health interests. Get curious and take initiative! Get an early start on planning your field experience so you can fundraise and apply for financial aid - the sooner you do this the better.”

-Christal Q.
Tip: Join UCSD Students for Global Health or health related student org!

- Connect with like-minded students
- Get involved in causes you care about
- Network!

More information on the UCSD Global Health Blog

http://globahealthucsd.com
Tip: Follow Global Health on Social Media and our blog

• Connect with like-minded students

• View most up-to-date information on Global Health Events

• Read blog posts on past students’ field experiences

• Find study abroad opportunities

• Find domestic and international internship/volunteer opportunities
Tip: Form Relationships with your **Global Health Undergraduate Student Advisory Committee** and Faculty!

**Talk to fellow students** about their experiences, successes and challenges! (Courses, campus groups and activities, field experiences, etc.)

Tip: “Do not be afraid of your professors, talk to them about the class, their careers, anything you want. They will give you great advice and even opportunities.” - Serena D.
Tip: Take care of yourself
The Importance of Your WELL-BEING AND HEALTH

Remember your purpose and why you chose to come to UCSD in the first place. Find meaningful work within your major.

If something isn’t working, change it.

Remember you don’t need to have it all figured out yet!

Set small attainable goals.

Advocate for yourself, if you’re struggling, get help.
  • CAPS for counseling
  • OASIS for help with writing
  • Office Hours for extra help in a course
  • Reach out to another GH student
  • Talk to your Global Health Advisor
  • Check the Resources page for links.

Take care of yourself! Take time to relax and enjoy the beautiful environment at UCSD and close proximity to the beach.