

The Public Health Science program introduces students to factors that influence human health, methods and tools to analyze and evaluate public health data, and strategies to foster healthy and safe communities. Students choose from two concentrations: Environmental Public Health, which focuses on relationships between human health and the environment, or Public Health Practice, which focuses on social and economic determinants of health.

## HOW TO USE THE ACTION PLAN

Use the Action Plan timeline to explore potential career paths and plan for success during and after your college experience. The Action Plan provides suggestions and a place to start the conversation with your advisor, but every person and every career journey is unique. Customize your own personal action plan using the **My Public Health Science Action Plan tool** (next page).

Maximize the time you have in college to prepare for your future. What do you want to do after you graduate with a multi-purpose Public Health Science degree?

The Action Plan helps you to come up with tentative goals (remember, it's ok if these change as you continue to learn more about yourself and the field!) so you can start working on short-term steps to help you reach those goals or shift directions. Remember, you do not have to do this all on your own, get the support you need from your department and from Student Support Services like **Career Services and Advising (CSA)**.

## WHY ENGAGE IN INDEPENDENT RESEARCH OR AN INTERNSHIP?

- Gain experience in career fields relating to public and environmental health
- Discover areas of interest
- Build your professional network

## EXAMPLES OF PAST INTERNSHIPS & RESEARCH

- Martha's Vineyard Tick Program: Expanding public awareness of tick-borne diseases on the Vineyard
- MA Department of Environmental Protection: Mapping Brownfields
- National Africa College and Health Services

## STUDENT HIGHLIGHT KOLBY BEAUVAIS, '24

“ My experience at Fitchburg State has been an exceptional time in my life. Furthering my education and personal and professional development have all been a direct result of the amazing opportunities and outstanding education provided by the faculty at Fitchburg State. This major has generated new fields of interest and prepared me for many future opportunities in both the public and private sectors. I have gained valuable experience, knowledge, and skills that combine Public Health policy and research with Geographic Information Systems platforms, which would never have happened had it not been for the amazing professors and advisors I have had during my time at Fitchburg.



**Major: Environmental Public Health**

# CAREER COMPETENCIES

**Knowledge of Public Health:** Describe the socioeconomic, behavioral, biological, and environmental factors that affect human health. Discuss characteristics of health systems, opportunities for promoting health, and fundamental concepts of public health policy, health assessment and evaluation.

**Think Critically about Public Health Challenges:** Use appropriate methods and tools to analyze public health data and explain the importance of evidence-based approaches to solving public health problems. Synthesize evidence from various sources to address environmental and public health issues.

**Information and Digital Literacy:** Recognize what public health information is needed and have the ability to locate, evaluate, synthesize, and use that information effectively and ethically.

**Communication:** Effectively communicate information relating to public health through written, oral, and graphic expression to diverse populations, and use scientific evidence to support ideas.

**Teamwork/Collaboration:** Interact effectively in a group to solve public health problems, advocate for public health protections, and work productively with a diverse group of peers.

POTENTIAL CAREER FIELDS

Health Promotion and Communication

Epidemiology and Public Health Research

Public Health Education

Environmental Health

Take a look at the suggested activities in the Action Plan below. You do not need to complete all these tasks, but it is a place to start generating ideas. Think about what you would like to work on now in order to feel well prepared to enter your career field or graduate school upon graduation. Use the blank My Action Plan tool with your advisor to come up with the action items that are priorities for you. Revisit and revise this action plan each semester.

## FIRST YEAR

## SOPHOMORE YEAR

## JUNIOR YEAR

## FINAL YEAR

### ACHIEVE ACADEMIC MILESTONES

Develop foundational knowledge in public health, human health, and environmental science.  
Develop and hone transferable skills in communication, information literacy, and quantitative reasoning through general education courses.

Learn and practice methods to analyze public health data, including epidemiology and geospatial analysis.  
Choose general education courses that align with your interest and complement the public health major.  
Confirm that the PHS major and your selected concentration are right for you.

Consult with your academic advisor to choose major electives that align with your career interests or graduate school goals.  
Consider earning a minor.  
Continue exploring interests and advancing your knowledge in the liberal arts through General Education courses.

Go over remaining degree requirements with your advisor and apply for Graduation.

### BUILD EXPERIENCE

Enroll in the Introduction to Health Professions Seminar spring semester to hear from people working in the health sector.

Talk to your professors/advisor about research opportunities with faculty and apply to opportunities for research, summer jobs or Internships.  
Consider participating in alumni job shadowing or informational interviews with professionals in potential career fields.

Begin exploring placements for your final year internship.  
Consider a summer job/internship related to your field.

Complete your Public Health Internship.

### JOIN THE CAMPUS COMMUNITY

Consider joining or starting a student organization relating to public health.  
Follow the department on social media.

Seek out campus opportunities for work including peer tutoring, peer mentoring, and departmental work-study.

Seek out leadership positions in campus clubs/activities.

Present your work at the Undergraduate Research Conference in April.

### EXPLORE CIVIC & GLOBAL ENGAGEMENT

Consider taking a world language for your Speaking and Listening requirement.

Talk with your advisor about the possibility of studying abroad.

Participate in a study abroad experience.  
Explore opportunities to apply your public health knowledge to issues facing local communities.

Consider an internship that develops your civic engagement skills.

### PREPARE FOR LIFE AFTER GRADUATION

Familiarize yourself with Career Services and Advising (CSA) workshops and services.  
Activate your Handshake account.  
Take a career strength/skills assessment.

Create a resume and have it reviewed by an advisor in the CSA Center.  
Create a LinkedIn account.

Attend events with employers and on campus, career fairs.  
Attend a CSA workshop or one-on-one meeting to go over cover letters and interview preparation.  
Consider graduate or professional schools.

If applicable, take graduate school entrance exams and complete applications.  
Practice job interview skills with CSA advisors.  
Speak to your academic advisor and other faculty members about letters of recommendation.  
Continue to check Handshake for recruitment events/open positions throughout the year.  
Apply to and keep track of job applications.