

GET THE COURSES YOU NEED	Year One	Year Two	Year Three	Year Four
	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS	FALL & SPRING SEMESTERS
128 + 4 short terms	<ul style="list-style-type: none"> PH 101: Introduction to Public Health PH 201: Epidemiology Take an introductory-level science and/or social science class. 	<ul style="list-style-type: none"> PH 301: Global Health STAT 140: Intro. Statistics Review electives and take at least two in your area of interest (e.g.: COMM 344: Health Communication, SOC 234: Social Problems, and/or BIOL 207: Ecology). With advisor, decide on your emphasis: socio-cultural, science, or general. PH internship (now or year three) 	<ul style="list-style-type: none"> Choose courses from the list of electives to finish your requirements. Meet with your advisor to make sure you are on track to graduate. 	<ul style="list-style-type: none"> PH 470: Senior Seminar
BE INVOLVED AND JOIN DIVERSE COMMUNITIES	<ul style="list-style-type: none"> Attend the public health major interest meeting. Attend guest lectures sponsored by the department. Go to the club fair. Participate in Senate and SGA. Attend the Hollins Student Conference (SPARC). Take part in traditions and get ready for your first Tinker Day! 	<ul style="list-style-type: none"> Travel to neighboring campuses for lectures and events. Show school spirit and go to sporting events. Attend student readings and other student-led activities. Volunteer at a community health organization in the Roanoke valley. 	<ul style="list-style-type: none"> Consider leadership positions such as Student Success Leader, Student Government leader, or Orientation Team leader. Attend and participate in local community event(s). 	<ul style="list-style-type: none"> Mentor a new student. Consider leadership positions such as global ambassadors, career connectors, tutors, International Student Orientation Program or Early Transition Program mentor.
EXPAND YOUR INTERCULTURAL AND GLOBAL HORIZONS	<ul style="list-style-type: none"> Consider Model UN, Model Arab League, Black Student Alliance, the Unión de Estudiantes LatinX, the Sexuality and Gender Alliance. Attend Cultural & Community Engagement and Office of Inclusivity and Diversity events. Meet with someone in International Programs to discuss study away. 	<ul style="list-style-type: none"> Apply to study abroad (Jamaica, Short Term, semester—fall of the senior year) or study away. Take a sustained dialogue class. Participate in the Diversity Monologue Troupe. Consider a J-Term language immersion program. 	<ul style="list-style-type: none"> Participate in a COIL project or consider an international internship. Consider study abroad for a semester and/or opportunities such as Fulbright UK Summer Institute and Critical Language Scholarship. 	<ul style="list-style-type: none"> Consider applying for Fulbright, Rhodes, Marshall, Gates Cambridge, or other international scholarships.
GAIN RELEVANT EXPERIENCE AND PREPARE FOR LIFE AFTER GRADUATION	<ul style="list-style-type: none"> Attend C3. Create LinkedIn and Handshake accounts. Visit the Career Center and meet with a career counselor. Apply for a first-year J-Term internship. Take a leadership course or consider a leadership certificate. 	<ul style="list-style-type: none"> Attend Career Center workshops. Apply for a Signature or independent internship in public health. Talk with your advisor about research opportunities. Become a student member of a professional public health association. 	<ul style="list-style-type: none"> Meet with your advisor about career goals; talk to professors about their research to learn about opportunities. Attend the annual Virginia Public Health Association conference. Check out Hollins partnerships with graduate schools. Talk with alums in the field! Prepare for graduate school admissions and tests – talk with advisor about grad school in PH. 	<ul style="list-style-type: none"> Seek a research assistant position. Attend the annual Virginia Public Health Association conference. Prepare for graduate school admission and submit applications and tests. Attend a job fair/apply for jobs. Attend the Alumnae Board's pre-professional networking events.
ADD TOOLS TO YOUR LIFE BELT	<i>Develop a self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others</i>	<i>Hone your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others</i>	<i>Expand your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>	<i>Embrace your self-care mindset: Consider your nutrition, engage in exercise, practice mindfulness, connect with others, embrace financial literacy</i>