



### Suggested Schedule to Earn an Associate Degree

The suggested schedule below meets the requirements to earn an Associate in Arts degree with an emphasis in Public Health. If classes listed below don't fit your schedule or interests, you can take alternate classes! Visit this website for instructions: [www.southseattle.edu/pathway-map-help](http://www.southseattle.edu/pathway-map-help).

#### Year One

##### Quarter One

##### Credits

- ENGL&101: English Composition I ..... 5
- MATH&146: Introduction to Statistics..... 5
- HEA 125: Health and Wellness..... 5

##### Quarter Two

- PSYC&100: General Psychology ..... 5
- BIOL&128: Survey of Human Anatomy & Physiology ..... 5
- AME 201: Diversity and Social Justice **-or-**  
SOC&101: Introduction to Sociology **-or-**  
ANTH&100: Survey of Anthropology..... 5

##### Quarter Three

- NUTR&101: Nutrition ..... 5
- CMST&220: Public Speaking ..... 5
- PSYC&200: Lifespan Psychology ..... 5

#### Year Two

##### Quarter Four

##### Credits

- ENGL&102: Composition II..... 5
- POLS&203: International Relations..... 5
- CMST 205: Multicultural Communication **-or-**  
ENGL 260: Asian American Literature **-or-**  
MUSC 109: World Beat: Global Studies Thru Music.... 5

##### Quarter Five

- HEA 225: Global Health ..... 5
- ECON&202: Macro Economics ..... 5
- ENGL 201: Advanced Composition **-or-**  
HUM 210: Intro to LGBTQ Studies **-or-**  
HUM 120: Introduction to Asian Cinema ..... 5

##### Quarter Six

- SOC 230: Human Sexuality ..... 5
- ANTH&206: Cultural Anthropology ..... 5
- ENGL&235: Technical Writing..... 5

**Total Credits Required: 90**

#### To Do List

##### Quarter 1

- Make an Ed Plan with an advisor
- Check-out campus tutoring centers
- Tour the MySouth student portal

##### Quarter 2

- Get involved on campus thru Student Life
- Apply for free money with FAFSA or WASFA
- Attend a transfer fair and research options

##### Quarter 3

- Attend your major's info sessions at transfer institution
- Attend a resume workshop

##### Quarter 4

- Update your Ed Plan with an advisor
- Attend transfer events, including personal statement workshops

##### Quarter 5

- Apply to your transfer school
- Re-apply for FAFSA or WASFA if transferring

##### Quarter 6

- Apply for Associate degree from South
- Order cap and gown; attend graduation!

# Pathway: Public Health



## About the Public Health Pathway

If you are interested in the health sciences, are socially-minded, and want to help people on a large scale, a career in Public Health might be right for you!

This pathway is designed to meet Associate in Arts degree requirements with an emphasis in Public Health. Completion of this degree allows you to transfer into most bachelor's degree programs with your first two-years of schooling completed.

Public Health is concerned with preserving health through education, prevention, and community initiatives that range from local to global. Addressing the most pressing health concerns to date, public health goes beyond traditional medical care provided by physicians and current healthcare systems. Through research, public policy and by supporting various organizations, public health practitioners employ unique ways to indirectly and directly impact the well-being of a population.

This exciting field of study will introduce you to an array of fulfilling, diverse job opportunities that concentrate on human health, illnesses, disease prevention and the environment. By selecting this pathway, you'll join others dedicated to documenting, monitoring, assessing, and improving the health of all communities, including those who are most marginalized.

## Length of Program

90 credits = 6 quarters if you take 15 credits\* each term.

*\*Students who take 15 credits each quarter earn their degree faster, qualify for more financial aid, and earn more money over their lifetime because they complete their schooling faster.*

## Which Quarter Can I Begin?

Fall, Winter, Spring, or Summer.

## Class Times/Delivery Format?

Classes and labs are offered M-TH (2 days or 4 days a week) from 8am-4pm and in the evenings. We offer on-campus, online, or hybrid (part on-campus, part online) formats.

## Career Opportunities

- Public Health Educator
- Health Promotion Programmer
- Corporate Wellness Director
- Alcohol Educator
- Infection Control Coordinator
- Epidemiologist
- Community Organizer
- Teen Outreach Coordinator
- Wellness Consultant
- Elder Services Director
- Women's Health Director
- Clinical Outcomes Specialist
- Biostatistician

A bachelor's or higher degree may be required for some careers listed above. For current employment and wage estimates, please visit the Public Health program page on South's website.

## Future Education Opportunities

Once you complete this Associate degree, additional education opportunities include:

- A bachelor's degree in public health, health administration, or a related field at a four-year college or university.
- [A Bachelor of Applied Science \(BAS\)](#) at one of the Seattle Colleges.

Program and admissions requirements vary from college to college. Contact an advisor to create an educational plan tailored to transfer to the institution of your choice.

## Approximate Costs Each Quarter

Tuition\* .....\$1550  
Books, supplies, and miscellaneous fees ..... \$250

*\*Tuition based on WA resident rates. Rates for international students and non-residents may vary.*

## Apply for Financial Aid

Did you know that the average student at South spends 3 hours applying for financial aid and gets more than \$4000 per year?

Visit [www.southseattle.edu/financial-aid/](http://www.southseattle.edu/financial-aid/) to apply for financial aid, including grants and scholarships you don't have to pay back.

## Find Out More

**(206) 934-5387 • [AdvisorSouth@SeattleColleges.edu](mailto:AdvisorSouth@SeattleColleges.edu) • RSB 11**