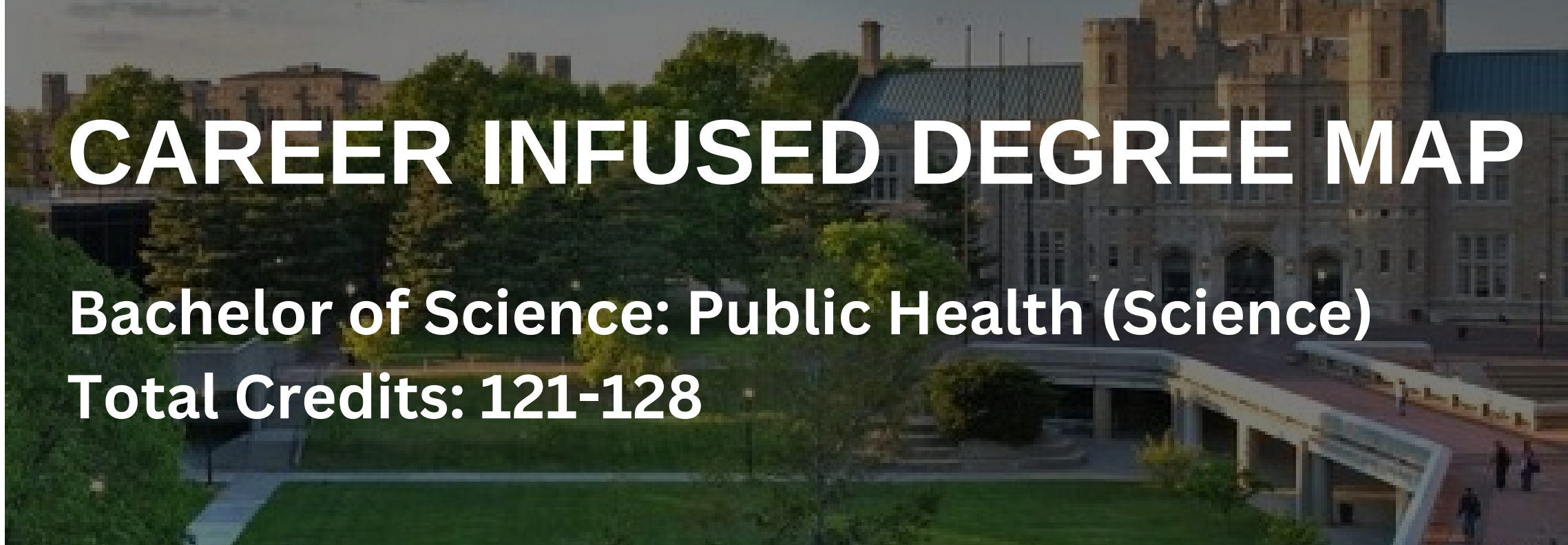




CAREER INFUSED DEGREE MAP

Bachelor of Science: Public Health (Science)
Total Credits: 121-128

The B.S. in Public Health challenges students to think critically about major public health issues and propose solutions using anti-racism and social justice frameworks. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

SOPHOMORE

ACADEMICS

CAREER READINESS

CREDITS

- 3
- ENG 111 - English Composition I
- 3
- MAT 104 - College Algebra
Note: Placement determined by the Mathematics Department
- 3
- HPI 101 - US Healthcare: Careers in a Unique System
- 3
- Flexible Core Creative Expression (Course Set)
- 3
- LEH 250 - First-year Seminar
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Activate your [Handshake](#) account to begin exploring career resources and opportunities available through your college's [Career Exploration and Development Center](#).
- ☐
- Join a Lehman [student club or organization](#) to begin building your network and developing soft skills (APHA, NYSPHA).
- ☐
- Create a resume to begin documenting your achievements. Review resume samples for your major in the Resources section of the Career Center page on Handshake.
- ☐
- Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training ([Lehman IT Center](#), [Lehman Tutoring Center](#), [Office of Campus Life](#)).

2ND SEMESTER

- 3
- ENG 121 - English Composition II
- 3
- HSD 266 - The United States Health Care Delivery System
- 4
- MAT 132 - Introduction to Statistics **OR**
MAT 172 - Precalculus **OR**
MAT 175 - Calculus I
- 3
- Flexible Core Individual and Society (Course Set)
- 4
- BIO 181 - Anatomy and Physiology I **OR**
BIO 166 - Principles of Biology: Cells and Genes
- 17
- TOTAL CREDITS

- ☐
- Create a [LinkedIn](#) profile account to establish your professional presence online, build [industry connections](#), and follow developments and trends.
- ☐
- Take the [Focus 2 Career Assessment](#) (code: Lightning), and explore employment options, subfields, career paths, research opportunity in Public Health. ([Occupational Outlook Handbook](#), [Department of Health, Explore Health Careers](#), [NYC Health](#), [Department of Health, School of Health Sciences, Human Services & Nursing](#))
- ☐
- Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [research opportunities](#), [CUNY pipeline programs](#)).
- ☐
- Participate in an early career skills training program ([CUNY Beyond](#)).

CREDITS

- 3
- General Education Foreign Language Option (Course Set)*
- 3
- PHE 301 - Foundations of Public Health Knowledge
- 3
- HSD 269 - Fundamentals of Biostatistics
- 4
- BIO 182 - Anatomy and Physiology II
OR BIO 167 - Principles of Biology: Organisms
- 3
- Flexible Core - Any Area (Course Set)
Notes: No more than two courses from the same discipline may be used to satisfy the Distribution Requirement.
- 3
- CED 102 – Introduction to Career Development
Note: This class is optional
- 16
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Identify a mentor in your field with whom you can check-in periodically ([School of Health Science, Human Services & Nursing](#)).
- ☐
- Identify your top 3 public health career paths of interest – [Explore Public Health Careers](#).
- ☐
- Apply for internships or volunteer that provides hands-on experience in public health (NYC Health, NYC Health + Hospitals, Mount Sinai, Columbia University Irving Medical Center, Department of Health, Bebee, Natural Areas Conservancy, Health Equity Initiative, NYC Service, New York Cares, Bronxworks, United Way NYC, ECHO, Urban Justice Center, Do NYC, Habitat NYC WC, West Side Campaign Against Hunger, City Harvest, National Institutes of Health, CDC).
- ☐
- Attend the ‘Mastering the Art of Interviewing’ workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on Handshake.

2ND SEMESTER

- 3
- General Education Foreign Language Option (Course Set)
- 3
- PHE 306 - Health Inequity in Global Disease Burden
- 3
- HSA 267 - Management of Health Organizations
- 3
- HSD 306 - Epidemiology
- 4-4.5
- BIO 230 – Microbiology **OR**
CHE 166 - General Chemistry I
AND CHE 167 – General Chemistry Laboratory I
- 16-17.5
- TOTAL CREDITS

- ☐
- Track your internship or volunteer application.
- ☐
- If you secured an internship or volunteer role document responsibilities and achievements to strengthen your resume.
- ☐
- Meet with a faculty or academic [advisor](#) to apply to research opportunities for sophomores via the School of Health Science, Human Services & Nursing
- ☐
- Attend a public health conference or webinar (NYSPHA, NYS Department of Health, Eventbrite, NYC Office of Labor Relations, NYC Reach)
- ☐
- Identify skills and certificates you can earn to specialize or supplement your studies ([CUNY Upskilling](#); [LinkedIn Learning](#), free with an [NYPL](#) card; [Coursera](#), free via [NYS DOL](#)) ([CDC Public Health 101 Series](#))
- ☐
- Become a student member of a professional organization in your field (APHA, NYSPHA).

**Notes: Students are required to take two foreign language courses in the same language. Only students who transfer into Lehman with an associate’s degree are exempt from the Foreign Language Requirement. Students who continue in a foreign language previously studied in high school or college or completes one semester of a foreign language at the intermediate level or above, kindly contact the Languages and Literatures department for proper placement.*

ACADEMICS

CAREER READINESS

CREDITS

- 3 LEH 352 - Studies in Literature
OR LEH 353 - Studies in the Arts
OR LEH 354 - Studies in Historical Studies
OR LEH 355 - Studies in Philosophy, Theory and Abstract Thinking*
- 3 PHE 302 - Social, Behavioral, and Commercial Derterminants of Health
- 4.5-5.5 CHE 114 - Essentials of General Chemistry Lecture
AND CHE 115 - Essentials of General Chemistry Laboratory OR
CHE 168 - General Chemistry II AND CHE 169 - General Chemistry Laboratory II
- 3 Required Core Life and Physical Science
- 3 Flexible Core World Cultures and Global Issues

16.5-17.5 TOTAL CREDITS

- 3 LEH 352 - Studies in Literature
OR LEH 353 - Studies in the Arts
OR LEH 354 - Studies in Historical Studies
OR LEH 355 - Studies in Philosophy, Theory and Abstract Thinking*
- 3 PHE 403 - Health Policy and Advocacy
- 3 Flexible Core Scientific World (Course Set)
- 3-6 HIN 268 - Growth and Development OR
CHE 234 - Organic Chemistry Lecture II AND CHE 235 - Organic Chemistry Laboratory II OR
BIO 400 - Biological Chemistry OR
BIO 238 - Genetics

11-15 TOTAL CREDITS

1ST SEMESTER

- ☐ Attend career fairs to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal.
- ☐ Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐ Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐ Begin identifying practicum site interest and continue applying for internship/volunteering work for the summer
- ☐ Attend the 'Networking Strategies' workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐ If pursuing graduate study, begin exploring the process for applying to the 4+1 program or directly to graduate school.

2ND SEMESTER

- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Track progress of your internship/volunteer applications for the summer.
- ☐ Take a project or leadership role in the club or professional organization you belong to or engage in relevant volunteerism.
- ☐ Research graduate schools or other postgraduate opportunities if considering further education.
- ☐ Take your CITI Program Certificate or more.

CREDITS

- 3 PHE 304 - Fundamentals of Global Health
- 3 PHE 402 - Program Planning and Evaluation
- 4.5-6 CHE 120 - Essentials of Organic Chemistry Lecture I AND CHE 121 - Essentials of Organic Chemistry Laboratory II OR
CHE 232 - Organic Chemistry Lecture I AND CHE 233- Organic Chemistry Lecture I
- 3 PHE 303 - Research Methods OR
PHE 414 - Quantitative and Qualitative Data Analysis Methods in Public Health Research

13.5-15 TOTAL CREDITS

- 3 PHE 472 - Public Health Capstone
- 3 PHE 470 - Public Health Practicum
*For research project option contact Dr. Tailisha Gonzalez
- 3 Elective Course
- 3 Elective Course
- 3 Elective Course

1ST SEMESTER

- ☐ Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter and prepare for interviews.
- ☐ As graduation nears, reconnect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐ If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.
- ☐ Request letter of recommendation.

2ND SEMESTER

- ☐ Gain professional public health experience by completing a 130-hour internship or applied research project with a faculty mentor
- ☐ Mine job sites and apply for career-related roles. (Indeed, NYC.gov, LinkedIn, Handshake, NYS Department of Health, Public Health Solutions, Fund for Public Health NYC, Idealist). Record your progress and remember to follow up on your applications.
- ☐ Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐ Complete the Cap and Gown Survey in CUNYfirst.
- ☐ If applicable, complete the process of applying to graduate school.

*Notes: These are variable topics courses, where each section covers a special topic. Pre-requisite: You must have achieved 60 credits and declared your major. Integration Courses: LEH 352: Studies in Literature, LEH 353: Studies in Arts, LEH 354: Studies in Historical Studies, LEH 355: Studies in Philosophy, Theory & Abstract Thinking (LEH 351: Studies in Science & Applied Perspectives, is NOT a College Option for this Major)