



LEHMAN COLLEGE
DIVISION OF

Student Affairs

Career Exploration &
Development Center



LEHMAN COLLEGE

School of Health Sciences,
Human Services & Nursing

CAREER INFUSED DEGREE MAP

Bachelor of Science: Public Health
(Social Justice and Global Health)

Total Credits: 120

The B.S. program 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.

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, WHO, PAHO, UNICEF).
- ☐ 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 Healthcare 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](#) Create a LinkedIn account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐ Take the [Focus 2 Career Assessment](#) (code: Lightning), Lightning), and explore [employment options](#), subfields, career paths, and research opportunities in social justice and global health. ([Occupational Outlook Handbook](#), [UNjob](#), [ASPPH](#), [WHO](#), [CDC](#), [PIH](#), [UNICEF](#), [UNFPA](#), [IOM](#), [CHAI](#), [ICAP](#) at Columbia University).
- ☐ 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
- 3 PHE 304 - Fundamentals of Global Health
- 3 Flexible Core - Any Core (Course Set)
Note: 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

15 TOTAL CREDITS

1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically ([School of Health Sciences, Human Services & Nursing](#))
- ☐ Identify your top 3 public health career path of interest.
- ☐ 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, CDC, WHO, PIH, UNFPA)
- ☐ 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 401 - Environmental and Occupational Health
- 3 PHE 306 - Health Inequity in Global Disease Burden
- 3 HSD 306 - Epidemiology

12 TOTAL CREDITS

- ☐ Track your internship or volunteer application.
- ☐ If you secured an internship or volunteer role, document your 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, IAPHS, The Network for Public Health Law, APHA, ASPPH, GSPH , SOPHE).
- ☐ 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](#)). ([Johns Hopkins Center for Health Equity](#)).
- ☐ Become a student member of a professional organization in your field (APHA, NYSPHA, WHO, PAHO, UNICEF).

**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.*

Career.services@lehman.cuny.edu - 718 960-8366 - www.lehman.edu/careerservices



CAREER INFUSED DEGREE MAP

Bachelor of Science: Public Health
(Social Justice and Determinants of Health)
Total Credits: 120

ACADEMICS

CAREER READINESS

JUNIOR

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
Determinants of Health
- 3
- PHE 340 - Food Security, Human Rights, and
Global Health
- 3
- Elective Course
- 3
- ENV 235 - Conservation of the Environment
- 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

- 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 404 - Climate Change and Global Migration
- 3
- PHE 405 - Environmental Justice Applications
- 3
- PHE 403 - Health Policy and Advocacy
- 3
- Elective Course
- 15
- TOTAL CREDITS

- ☐
- 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.
- ☐
- Submit a conference abstract and prepare a poster presentation on
your research for Lehman College Scholarship and Creative
Works Conference hosted by SRAB.
- ☐
- Learn grant writing basics.
- ☐
- Take a project or leadership role in the club or professional association
you belong to or engage in relevant volunteerism.
- ☐
- Research graduate schools or other postgraduate opportunities if
considering further education.

SENIOR

CREDITS

- 3
- Flexible Core Scientific World (Course Set)
- 3
- PHE 303 – Research Methods OR
PHE 414 – Quantitative and Qualitative Data
Analysis Methods in Public Health Research
- 4
- PHE 300 or 400-level elective
- 3
- PHE 402 - Program Planning and Evaluation
- 3
- Elective Course
- 16
- TOTAL CREDITS

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 letters of recommendation.

2ND SEMESTER

- 3
- PHE 472 - Public Health Capstone
- 3
- PHE 470 - Public Health Practicum
For research project options contact Dr. Tailisha Gonzalez
- 3
- Elective Course
- 3
- Elective Course
- 3
- Elective Course
- 15
- TOTAL CREDITS

- ☐
- Gain professional experience by completing a 130- hour internship or
research project.
- ☐
- Submit a conference abstract and prepare a poster presentation on
your research for Lehman College Scholarship and Creative Works
Conference hosted by SRAB.
- ☐
- Mine job sites and apply for career-related roles. Record your progress
and remember to follow up on your applications. (Indeed, NYC.gov,
LinkedIn, Handshake, NYS Department of Health, Public Health
Solutions, Fund for Public Health NYC, Idealist, Public Health Careers,
WHO, UNFPA, Cityjobs, NYC DCAS)
- ☐
- Join the Lehman Alumni Network and CUNY Alumni Network for
valuable career resources and continuous support.
- ☐
- Complete the Cap and Gown Survey in CUNYfirst.
- ☐
- Present your poster at the Health Equity Summit in May
- ☐
- 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)