



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: Health Education and
Promotion (Community Health and Nutrition)
Total Credits: 120

The B.S. Health Education and Promotion (Community Health and Nutrition) prepares students to promote healthy lifestyles and address nutrition-related and public health issues through community outreach, education, program planning, and disease prevention efforts. 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 Flexible Core - Creative Expression (Course Set)
- 3 Flexible Core - World Cultures and Global Issues (Course Set)
- 4 BIO 181 - Anatomy and Physiology I
- 3 LEH 250 - First-year Seminar
- 16 TOTAL CREDITS

1ST SEMESTER

- ☐ Activate your [Handshake](#) 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 (Food Bank for NYC, City Harvest, The Campaign Against Hunger, NY Common Pantry, Public Health Solutions).
- ☐ 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 MAT 126 - Quantitative Reasoning
- 3 Flexible Core U.S. Experience in Its Diversity (Course Set)
- 4 BIO 182 - Anatomy and Physiology II
- 13 TOTAL CREDITS

- ☐ 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), and explore [employment options](#), subfields, career paths, research opportunities in Community Health and Nutrition. ([Occupational Outlook Handbook](#), [Department of Health](#), [Pathwaystoscience](#), [National Institutes of Health](#), [American Society for Nutrition](#), [Indeed](#))
- ☐ Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [CUNY pipeline programs](#)).
- ☐ Participate in an early career skills training program ([America Needs You](#), [YearUp](#), [CUNY Beyond](#)).

CREDITS

- 3 General Education Foreign Language Option (Course Set)
- 4.5 CHE 114 - Essentials of General Chemistry Lecture **AND** CHE 115 - Essentials of General Chemistry Laboratory
- 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 Flexible Core Individual and Society (Course Set)
- 3 DFN 215 - Introduction to Nutrition
- 3 CED 102 – Introduction to Career Development
Note: *This class is optional*
- 16.5 TOTAL CREDITS

1ST SEMESTER

- ☐ Identify a mentor in your field with whom you can check-in periodically ([School of Health Sciences, Human Services and Nursing](#)).
- ☐ Apply for internships that provide hands-on experience in Community Health and Nutrition (The Institute for Family Health, Bronxworks, NY Common Pantry, God's Love We Deliver, City Harvest, GrowNYC, NYC Health + Hospital, American Red Cross Greater, Dept. of Health, Montefiore, Handshake, CUNY industry partnerships, Children's Aid Society, Bronx Eats, Boom Health, NYC Parks and Recreation, and LPAC).
- ☐ Complete your [CPR/First Aid Training](#).
- ☐ 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 Flexible Core - Any Area (Course Set)
Notes: *No more than two courses from the same discipline may be used to satisfy the Distriburion Requirement*
- 3 LLEH 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 HSA 267 - Human Behavior and Health
- 3 Elective
- 15 TOTAL CREDITS

- ☐ Apply for the HEA Leadership Group on Brightspace Organization page.
- ☐ Apply for summer internship or volunteering work.
- ☐ Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Sciences, Human Services and Nursing.
- ☐ Explore [Mental Health First Aid](#) certification.
- ☐ 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 Training](#)).
- ☐ Become a student member of a professional organization in your field (Food Bank for NYC, City Harvest, The Campaign Against Hunger, NY Common Pantry, Public Health Solutions).
- ☐ Join the Eta Sigma Gamma Honor Society if you have a 3.25 GPA or higher.

***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

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ACADEMICS

CAREER READINESS

CREDITS

- 1 DFN 200 - ServSafe Certification
- 3 HEA 249 - Foundations of Health
- 3 HEA 300 - Equity in Public Health
- 3 HSD 266 - The United States Health Care Delivery Systems
- 3 Elective
- 13 TOTAL CREDITS**

1ST SEMESTER

- ☐ Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal. (NYU Langone Health, NASHP, NY Common Pantry, Moshulo Health Job Fairs)
- ☐ Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐ Take your ServSafe Certification and add to your resume if passed.
- ☐ Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐ Attend the 'Networking Strategies' workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.

2ND SEMESTER

- 3 DFN 120 - Laboratory Special Topics I
OR DFN 220 - Laboratory Special Topics II
OR DFN 250 - Food Science Laboratory
OR DFN 260 - Food Culture Laboratory
- 3 DFN 221 - Social and Cultural Determinants of Food and Health
- 3 HEA 320 - Health Counseling
OR HEA 620 - Health Counseling
- 3 HEA 330 - Health Communication and Advocacy
- 3 HEA 350 - Health Literacy and Numeracy
- 3 Elective
- 16.5 TOTAL CREDITS**

- ☐ Apply for the on-campus internship or tabling opportunities with Professor Leigh.
- ☐ Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐ Take a project or leadership role in the club or professional association you belong to or engage in relevant volunteerism.
- ☐ Attend information session and consider preparing for the CHES Exam.
- ☐ Get 3-5 strong references from professors or supervisors for graduate school.
- ☐ Apply for research publication opportunities with professors and plan to present at conferences.

CREDITS

- 3 DFN 340 - Community Nutrition and Food Justice
- 3 HEA 437 - Strategies in Community Health and Nutrition Education
OR HEA 675 - Teaching Strategies for Community Health
- 3 HEA 400 - Program Planning and Evaluation
OR HEA 623 - Program Planning and Evaluation in Health Education
- 3 HEA Elective
- 3 Elective
- 15 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.
- ☐ Apply for the Society of Public Health Educators and Society for Health and Physical Education Conferences.

2ND SEMESTER

- 3 HEA 440 - Seminar in community Health Professional Preparation
- 3 HEA 470 - Field Experience in Community Health
OR HEA 670 - Field Experience in Health Education
- 3 DFN 341 - Nutrition Throughout the Life Cycle
- 3 Elective
- 3 Elective
- 15 TOTAL CREDITS**

- ☐ Attend employment fairs, professional panels, and community health and nutrition conferences to widen your network and connect with recruiters. (NYU Langone Health, NASHP, NY Common Pantry)
- ☐ Mine job sites (The Institute for Family Health, Bronxworks, NY Common Pantry, Idealist, City Harvest, NYC Health + Hospital, American Red Cross, Zip Recruiter, Community Healthcare Network, LinkedIn, Handshake) and apply for career-related roles. 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.