PLAN FOR TODAY:

- Welcome and Introductions
- Pre-Reflection
- Find Your Path at UW Bothell
- Career Pathways in Health & Natural Sciences
- Academic Majors in Health & Natural Sciences
  - Biology
  - Chemistry
  - Health Studies
  - Conservation & Restoration Science
  - Earth System Sciences
- Post-Reflection
- Advising Q&A with Success Team

*Enter a raffle for exciting prizes before you leave!*
HEALTH & NATURAL SCIENCES

PRE-REFLECTION:
What experiences or interests brought you to today's session?
WHAT ARE MY INTERESTS?
WHAT ARE MY GOALS?
WHAT ARE MY STRENGTHS?
WHAT IS MY MOTIVATION?
WHAT IS MY PASSION?

FIND YOUR PATH IN HEALTH & NATURAL SCIENCES
PRE-MAJOR ADVISING

Help you make sense of your academic strategies and academic progress towards a UWB degree.

Meet with Pre-Major Advisor for:
- Registration
- Academic Planning
- Academic Difficulty
- Change Intended Major

A Pre-Major Advisor's Role:
- Your First University Support Person
- Your Guide to Academic Success
- Connect to Campus Resources
- Engage in Reflective Conversations on Academic Trajectory at UWB

Tips for building the Pre-Major and student relationship:
- Be curious about your academic journey!
- If your interests change, inform your advisor.
- Be prepared to make decisions with the options given.
- Ask Questions!
- Do your research! Explore your interests, majors & career options
- Make quarterly advising appointments
ABOUT HEALTH & NATURAL SCIENCES

Use your research and observation skills to increase a shared sense of social responsibility and confront the complex issues facing humans and the world.

> Apply knowledge of the physical, chemical, biological, and social sciences to solve problems and advance scientific discoveries

> Gain hands-on experience with lab research or field work and enhance your ability to analyze data, identify patterns, manage interactions or predict outcomes
CAREER SERVICES RESOURCES

> **Appointments**
  – Career exploration
  – Application materials and interviews
  – Job & internship search strategies
  – Grad school prep

> **Virtual resources**
  – **Watch**: videos, webinars, presentations at your own pace
  – **Explore**: Candid Career, What Can I Do With This Major?, WOIS, Vault

> **Handshake & LinkedIn**
  – Build your profile and connect with people in your industry
  – Research what alumni and professionals in your field have done
  – Search for jobs & internships

Visit our website: uwb.edu/careers
Follow us on Instagram: @uwb_career
Academic Majors:

- Biology
- Chemistry
- Health Studies
- Conservation & Restoration Science
- Earth System Science
HOW TO FIND YOUR PATH IN HEALTH & NATURAL SCIENCES

Critical Questions:
As we review the next several slides....

1. Think about the **classes** you enjoyed most in high school, or that you look forward to most at UW Bothell.

2. Be realistic about the time needed to develop **skills** and pursue **experiences** important for academic and professional success.

3. Make plans to **connect** with success team members who can help shape your path in Health & Natural Sciences.
BIOLOGY

Sometimes this major is called Biological Sciences. A related area of study is Biochemistry or Environmental Science.

Classes you might enjoy:
- Cancer: Biology, Risk, and Treatment
- Brain and Behavior
- Diversity of Sex
- Intro Biology Series

Experiences you might enjoy:
- Biology internship or research with government or private sectors
- Student research UWB Biology faculty lab!
- Join the Biology Club!

Career Industries or Job Roles you might enjoy:
- Biologist, zoologist, or botanist
- Health professional
- Lab Researcher
- Genetic Counselor

- Pharmacologist
- Biology teacher or professor
- Environmental Scientist
- Lawyer
CHEMISTRY & BIOCHEMISTRY

Classes you might enjoy:
- Preparation for general chemistry
- General Chemistry series for scientists
- Organic Chemistry and labs
- Biochemistry

Experiences you might enjoy:
- Internship with government agency or local industries
- Research with Chemistry Faculty
- Summer research programs

Career Industries or Job Roles you might enjoy:
- Chemist in public or private industry
- Forensic Scientist
- High School Teacher or Professor
- Lab or Climate Science Specialist

- Patent Examiner or Lawyer
- Science Technical Writer
- Pharmacist or Pharmacologist
- Doctor or other health care professions
HEALTH STUDIES

Sometimes this major is called Public Health. Related areas of study are Community Health, Global Health, and Health Administration.

Classes you might enjoy:
- Social Dimensions of Health
- Intro to Healthcare Policy & Systems
- Infectious Disease Detectives
- Global Health Practice

Experiences you might enjoy:
- Volunteer as a UW Bothell HERO
- Intern with Seattle Children's Hospital
- Conduct health research with faculty
- Join the Health Studies Student Association (IG: @hssauwb)

Career Industries or Job Roles you might enjoy:
- Medicine or Allied Health Professions
- Epidemiologist, Public Health Advisor, or Infectious Disease Researcher
- Health Education Specialist
- Community Health Worker, Patient Navigator, or Social Worker
- Health Care Administrator
- Environmental Health, Food Safety, or Nutrition
CONSERVATION & RESTORATION SCIENCE

Sometimes called Natural Resource Management, or Climate Science. Related areas of study include Forestry or Landscape Management.

Class topics you might enjoy:

- Wildlife and Plant Ecology
- Water Resources and Pollution
- Urban Planning and Sustainability
- Geographic Information Systems

Experiences you might enjoy:

- Research with the US Department of Agriculture to test quality of health and productive soils.
- Analyze proposed environmental policies as an intern with House Committee on Climate Change

Career Industries or Job Roles you might enjoy:

- Wildlife and Fisheries Management
- Urban Planning
- Environmental Consulting and Regulation
- Green Space Management
- Science Teaching
- Environmental Law
- Forestry
Sometimes this major is called Atmospheric Science or Environmental Science. Related areas of study include Soil Science, Marine Science, and Geology.

Class topics you might enjoy:
- Oceanography
- Natural Hazards and Disasters
- Computer Modeling
- Remote Sensing
- Geology of the Pacific Northwest

Experiences you might enjoy:
- Research how coastal wildlands and marine organisms adapt to global warming on a National Science Foundation project.
- Provide front line disaster support as an intern with the American Red Cross to understand how communities are affected by fires or hurricanes.

Career Industries or Job Roles you might enjoy:
- Air or Water Quality Management
- Environmental Policy
- Pollution and Environmental Toxins Specialist
- GIS and Spatial Data Analyst
- Science Teaching
- Disaster and Emergency Management
HEALTH & NATURAL SCIENCES

POST-REFLECTION:

Which courses or experiences most called out to you?

Write down your next step to further explore one pathway you experienced today!
What are the three most useful skills or talents a student should have before entering this major?

What kind of work-life balance should a student in this major expect?

What is the most underrated skill or attribute to have as a graduate in this major?

What skills will a student need to develop to succeed after being admitted to the major?

What myth about the major would you like to bust?

What advice do you have for someone considering this major?
Choosing courses that introduce you to a wide scope of major options in Health and Natural Sciences and count towards prerequisites.

- How to narrow your interests to a specific major or career.
- How the systems at a university work and what resources are available to you.

Ask me about...

- Classes I can take as a non-major.
- One way I can get involved in Biology undergraduate research.
- When do I become your academic adviser?

Different pathways within Health Studies that can align with your goals and interests.

- Finding co-curricular opportunities to advance your career in health.

Ask me about...

- Study abroad, internships, and paid environmental research programs that count toward your major.
- Fitting classes in your major about social justice, human rights, or global affairs.

Ask us about...

- Connecting your interests to various job roles in Health & Natural Sciences.
- How different majors fit with career options.
STAY CONNECTED

www.uwb.edu/degrees/meta-major-pathways

Registration & Advising Help: 12 – 1 PM on Friday, Feb 26

https://tinyurl.com/y54dwt4d