SOCIOMETRY PREPARES ME FOR A CAREER IN PUBLIC HEALTH

Public health is a career where you work to promote health and prevent disease and injuries in populations.

Doctors more often treat disease and injury after it occurs, and they tend to do it on a very small scale – usually one person at a time in a clinical setting. Public health works to produce the conditions where people can be healthy and avoid problems in the first place! Public health workers seek to understand community health problems and plan, implement, and evaluate interventions to address the problems. Much of this work is done in communities, schools, and worksites and involves such intervention strategies as health communication, education, environmental change and policy. The Master of Public Health (MPH) degree prepares students to do this important work. Sociology is a great undergraduate major to prepare you for an MPH degree.

These Sociology classes will help prepare you for public health:

- Research methods and statistics
  Stats 121, Soc 300, 301, 307, 404, 405
- Theory, culture, and diversity
  Soc 310, 311, 322, 323, 330, 367
- Medical sociology and demography
  Soc 329, 345
- Electives in areas of interest to you
  Soc 318, 325, 326, 327, 328, 340, 360, 370, 380, 383, 420, 421, 422, 424, 426, 429, 450, 460, 481

In addition to taking the relevant classes, you also should consider the following:

- Do health-related internships. This is really important! Full-time work experience in the field is best, but part-time work experience, internships, and volunteer service count too.
- Be a research assistant with professors: as a volunteer, for credit, for pay, as an Honors thesis, as an International Field Study, etc.
- Go to graduate school for an MPH.
If you want to talk about how sociology can prepare you for a career in public health, see

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