

WHAT CAN I DO WITH A DEGREE IN PUBLIC HEALTH?

The **Bachelor of Health Science (Honours) degree with a specialization in Public Health** is an evidence-informed discipline that considers health from the perspective of communities, from the neighbourhood level to national and international communities. This specialization focuses on maintaining and improving health from the perspective of disease prevention and health promotion. The program emphasizes the inequities in health, and factors that influence the delivery and use of health services along with health status of populations. For more information about the Public Health program, please visit the Faculty of Health Sciences website at healthsciences.uoit.ca/undergraduate/programs/public-health/

WHAT SKILLS WILL I DEVELOP IN THE PUBLIC HEALTH PROGRAM?

A degree in Public Health will allow you to develop a number of skills with application in a variety of work contexts. Some of the skills you will acquire and/or develop in the Public Health program include:

Analytical and Critical Thinking	Problem-Solving	Statistical/Data Management Skills	Teamwork
Oral and Written Communication	Research and Design Skills	Planning and Organization	Collaboration

EMPLOYERS HIRE PEOPLE NOT DEGREES!

Think beyond your program when choosing a career. To find the right career, you will need to take into account your interests, skills, work preferences and values. The list below is meant to give you some ideas, but it is not exhaustive. Don't limit yourself!

WHAT ARE MY CAREER OPTIONS WITH A DEGREE IN PUBLIC HEALTH?

A degree in Public Health opens up possibilities for careers such as:*

Bioethicist	Health Promoter	Public Health Inspector
Community Health Programming Coordinator	Industrial Health Officer	Public Health Nurse
Environmental Health Officer	Injury Prevention Specialist	Quality Assurance Specialist
Epidemiologist	Occupational Health and Safety Coordinator	Rehabilitation Specialist
Food Inspector	Occupational Hygienist	Research Administrator
Global Health Advocate	Physician	Technical Writer
Health Care Administrator	Policy Analyst	Wellness Program Coordinator

*Please note that many of the occupations listed above may require further education, certifications or work experience in conjunction with your degree.

WHERE HAVE PREVIOUS UOIT HEALTH SCIENCES GRADS WORKED?

Chiropractic Centre for Optimum Health	Lakeridge Health Oshawa	The Hospital for Sick Children
Comprehensive Health Care Network	Mount Sinai Hospital	Toronto General Hospital
Credit Valley Hospital	Public Health Ontario	University Health Network
Durham Region Health Department	Rouge Valley Health System – Centenary	

HOW CAN I GET SOME PRACTICAL EXPERIENCE?

A degree on its own is generally not enough to land you your dream job. Practical experience is critical, not only to give you the qualifications you need to be competitive, but also to help you better understand your own interests, skills, personality and work values so that you can be confident that your next career step is the right fit for you.

There are a number of ways for you to get some real-world experience and information about potential careers related to Public Health. These include:

Research Practicum – All Health Science students can apply for a fourth-year research practicum that extends throughout their final year of studies. Working under the direction of a research tutor (both UOIT- and community-based), students receive a practical experience that exemplifies the collaborative research process while providing them with a valued opportunity to apply their knowledge in an actual research setting.

Volunteering - If you have little or no work experience, unpaid work experiences are a great way to get your foot in the door, allowing you to develop your skills through hands-on experience, learn more about your interests and make valuable contacts to add to your network for potential paid work opportunities down the road. For more information, find the volunteering resource at uoit.ca/careertools

Informational Interviews - Informational interviews allow you to get the inside scoop on potential career paths from individuals working in the field. For information on how to set up and conduct informational interviews, find the Informational Interview resource at uoit.ca/careertools

Get Involved - The Faculty of Health Sciences has several clubs and organizations dedicated to, among other things, organizing experiential learning and professional opportunities for their members. For more information, visit healthsciences.uoit.ca/about/student-clubs.php. See also your-sa.ca for information about other clubs offered by the Student Association. Check out uoit.ca/getinvolved for information about the **Student Involvement Record**.

WHERE CAN I FIND MORE INFORMATION?

Student Portal – There are a number of career resources on the Student Portal to get you started in your career research process, including links to job leads and information about further education. For more information, visit: uoit.ca/careercentre

Career Counselling – Email careercentre@uoit.ca to book a career counselling appointment if you would like to discuss your career development, including issues such as: career indecision; identifying your skills, interests, work values and personality style as it relates to the workplace; feeling overwhelmed, anxious or confused about the career planning or decision-making process; and overcoming barriers to career development.

Academic Advising – Email healthscience.advising@uoit.ca to set up an appointment to discuss questions related to your academic path within the Faculty of Health Sciences.