



MAJOR MAPS

Bachelor of Science Degree in Health and Behavioral Science, Concentration in Health & Wellness



FRESHMAN

SOPHOMORE

JUNIOR

SENIOR

TAKE THE RIGHT CLASSES
(SUCCESS MARKERS)



Start with your Core Courses. Enroll in BIOL 1303/1103 or BIOL 1310 in the first semester, BIOL 1304/1104 or BIOL 1312 in the second semester.

Continue Core Curriculum Courses, particularly Social and Behavioral Sciences core. Enroll in HEA 2301, 2303, and 3316 .

Enroll in HEA 3310, 3312, 3314, AND 4303. Complete the HEA Navigation Prescribed Electives.

Enroll in HEA 4302 and 4380/4302 Complete HEA Navigation upper division Electives. Don't forget to register for graduation!

REFERENCE YOUR DEGREE PLAN FOR FULL COURSE INFORMATION

TALK TO YOUR ADVISOR



Meet with your college advisor.

Explore if you can pick up a minor or a second major and still finish with 120 semester credit hours.

Ask your advisor about the benefits of the Field Experience versus Special Project course.

Meet with your college advisor and review your graduation audit once you reach 90 credit hours.

YOUR MAJOR IN ACTION



Get to know your faculty and talk with them about career paths in health and behavioral science.

Take part in professional development opportunities in the department and college.

Seek out elective courses that fit your career aspirations. Consult with your faculty about which courses fit your needs.

Work with Career Coach at the Main Career Center. Identify Professors who can serve as references.

GET INVOLVED



Get involved in a UHD student organization.

Begin building your resume. Engage in professional development to build the skill set needed for your career.

Ensure your eligibility for Pi Gamma Mu, the National Honor Society for the Social Sciences.

Continue to engage in campus activities. Join a student organization if you haven't already. Stay involved!

GET HIP
(HIGH IMPACT PRACTICES)



Seek out course sections that are designated as service learning.

Consider PSY, SPAN, or CRS as a second major or minor.

Learn APA style. Use the writing center in crafting your research papers.

Take the Field Experience or Special Projects class.

LIFE AFTER GRADUATION



While you are now at the beginning, keep the finish line in sight!

Think about your career focus. Healthcare is a diverse field. What is the best fit for you?

Plan your course plan around your career goals. Emphasize your specialty areas.

Seek department career advising. Apply for jobs. The process may be lengthy.

Corporate Wellness

Health Education

Hospital/Facility Wellness Coordinator

Health & Wellness Writer

Community Health

Health Coach
(*May require additional certification)

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College of Humanities &
Social Sciences

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TOP 10 SKILLS
employers look for:

- Ability to work in a team structure
- Ability to make decisions and solve problems
- Ability to verbally communicate with persons inside and outside the organization
- Ability to obtain and process information
- Ability to analyze quantitative data
- Technical knowledge related to the job
- Proficiency with computer software programs
- Ability to create and/or edit written reports
- Ability to sell or influence others

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Jobs4Gators is the Main Career Center's online system that gives you direct access to find full-time, part-time and internship positions. Visit Jobs4Gators at: https://uhd-csm.symlicity.com/students/?signin_tab=0 where you can get your resume reviewed, request appointments with your career coach, RSVP for career events and job fairs, and much more. Launch your career plans with Jobs4Gators today.

CHECKLIST FOR SUCCESS:

- Create a Job Mine Account
- Check in with your advisor
- Review your degree plan to stay on track
- Attend a financial literacy workshop
- Visit the Student Engagement & Leadership Center
- Seek out career advising. _____
- _____
- _____
- _____
- _____

Notes: _____