HEALTH STUDIES AT THE UNIVERSITY OF MANITOBA

As a health studies student in the Rady Faculty of Health Sciences, you will gain an understanding of the determinants of optimum health and well-being and the ability to describe the actions and circumstances that maintain those conditions from a social science perspective. There are three areas of concentration in health studies:

1. Health Policy, Planning, and Evaluation: can provide foundational knowledge related to health policy development and related evaluation, as well as programming services.
2. Health Promotion and Education: provides the ‘teachable subjects’ in family studies and nutrition for a home economics teacher or non-school health educators.
3. Family Health: provides a path for students interested in family social sciences and offers another route to specialized programs for health and social sciences.

SKILLS YOU WILL GAIN BY STUDYING HEALTH STUDIES

- A broad and comprehensive understanding of the factors that affect health, the needs of clients and the delivery of health services.
- An understanding of the significance of health and illness in a cultural context.
- Expertise in health promotion and prevention frameworks.
- The ability to problem solve and adapt to ever-changing field.
- The ability to gather, analyze, and interpret information clearly and concisely.

WHAT DO EMPLOYERS WANT?

Industries such as business, community development, government, healthcare/medicine, and social services would value a degree in health studies in combination with the employability skills that are highly sought after by employers. These include:

- Oral and written communication
- Critical thinking
- Problem solving
- Teamwork
- Continuous learning
- Industry specific knowledge
- Digital technology
- Numeracy and data use

Attain skills through your classroom education and take advantage of experiential education opportunities.

WHAT IS EXPERIENTIAL EDUCATION?

Experiential education will enhance your classroom education by giving you hands-on experience that will resonate with employers. The University of Manitoba offers a wide variety of programs designed to facilitate your personal growth, create a network, and ignite your active engagement in the local and global community.

EXPERIENTIAL EDUCATION OPPORTUNITIES:

- Work experience opportunities
- International student exchanges, international internships and travel study
- Local and international service-learning opportunities
- Undergraduate research and entrepreneurship
- Leadership and volunteer opportunities

The Health Sciences and Health Studies Compass provides you with suggestions of how and when to use opportunities to make the most of your university experience. You may follow these guidelines or map out your own route.
**Year 1**

**30 Credits**

### Course requirements:
- **BUSS 1210** or **1220**
- **CHEM 1220**
- **COSC 1300**
- **ENGL 1200**
- **ETSC 1000**
- **PHIL 1200**
- **PHRM 2100**
- **SOC 1200**
- **STAT 2000**
- **UNIV 1000**

### To do this year:
1. Meet with an academic advisor.
2. Attend career fairs to connect with employers.
3. Explore opportunities available to you.
4. Develop professional connections with professors.

### Make professional connections:
- Join the Career Mentor Program to learn from professionals.
- Attend career fairs to connect with employers.
- Explore opportunities available to you.
- Develop professional connections with professors.

### Investigate your career options:
- Look at sample job postings to ensure you have the qualifications upon graduation.
- Develop employability and essential skills sought by employers.
- Explore opportunities available to you.
- Develop professional connections with professors.

### Consider continuing your studies:
- Consider continuing your studies.
- Explore opportunities available to you.
- Develop professional connections with professors.

### Note:
This resource is meant as a guide to provide suggestions throughout your time at university. Develop a plan and timeline that suits you best. Make intentional choices for your courses and work experiences.

*Please refer to the Academic Calendar for a complete list of program requirements.