

**Name:**

**Class Year:** 2023

**Cumulative GPA:**

**Local Address:**

**Phone Number:**

**Faculty Members Sponsoring Proposal:** Jennifer McDonald, Peter von Allmen

**Title of Self-Determined Major:** Public Health

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## 2. Rationale

More than 100,000 Americans each year die of heart attacks, strokes and other illnesses caused by air pollution spewed from factories, motor vehicles and bucolic-seeming farmland.<sup>1</sup> Foodborne illness sickens one in six Americans each year and results in 3,000 deaths.<sup>2</sup> Approximately 88,000 deaths per year in the United States are attributed to excessive alcohol consumption.<sup>3</sup> The CDC reports that deaths from prescription opioids like oxycodone and hydrocodone have quadrupled since 1999.<sup>4</sup> These examples are just a small handful of the many pressing public health issues that impact the United States every day. Although some of these issues are unavoidable, many of them can be solved or reduced through initiatives to promote public safety and education. “Make the World a Better Place” is a motto that I genuinely believe is attainable and important in today’s world. If every human being is willing to care about or participate in a public health initiative, it could enormously impact the world and shape it into a better place to live.

In contrast to clinical health care providers such as physicians or dentists who focus on the health of a specific individual, public health professionals specialize in many areas to help promote and optimize community health outcomes. From many of the volunteering assignments I have been involved in, I learned that some phenomenal

involved in to assist Alzheimer's

health, I strive to become a citizen who can help make a difference in making the world a safer and better place.

## Bibliography

- Centers for Disease Control and Prevention. . Atlanta: CDC,  
2018.
- Centers for Disease Control and Prevention.  
. Atlanta: CDC, 2014.
- Centers for Disease Control and Prevention. . Atlanta: CDC,  
2018.
- Alan Neuhauser. . Washington: U.S.  
News, 2019.



### 3.4 Capstone

Course Number	Department	Title of Course/Credits
ID 351A	Interdisciplinary Studies	SDM Prep Seminar (1)
ID 372	Interdisciplinary Studies	Interdisciplinary Independent Study (4)

### 4. Breadth Requirements

Title of Course/Credits	Departments
HP 131 Intro to Public Health (3)	Human Physiological Sciences
SO 101 Sociological Perspectives (3)	Sociology
MB 224 Foundational Organizational Behavior (3)	Management and Business
HF 215 Peer Health Education (3)	Honors Forum
HP 351C Public Health-Global Perspective (3)	Human Physiological Sciences

### 5. Depth Requirements

HP 131 Intro to Public Health —> HP 351C Public Health-Global Perspective

HF 215 Peer Health Education —> HF 315 Advanced Peer Health Education

SO 101 Sociological Perspe4.4 (O)82fePerspe4>6321 0.48 0.48 3.7 (s)8.3 (pc)-4.5 (c)-4.5 feP P



## 6. Proposed Electives

Course Number	Department	Title of Course/Credits
EN 105	English	Imagining Earth in the 21 <sup>st</sup> Century (4)
MB107	Management and Business	Business and Organizational Management (4s90 0 14.0 4





## **HF 215 Peer Health Education**

### **Credits: 3**

Peer Health Education - An introduction to the concepts, principles, theory, and practice of health education, health promotion, and peer-based education. Students will engage with a variety of topics surrounding health, wellness, community health promotion, theories of behavioral change and leadership skill building through readings, class discussions, and opportunities for experiential learning. Throughout the semester students will research, plan,

**S0 226 Statistics for the Social Sciences**

alternative/holistic medicine. Students will read regularly assigned texts, complete several writing

## **EN 105 Imagining Earth in the 21<sup>st</sup> Century**

### **Credits: 4**

This seminar immerses students in the process of producing finished analytical essays informed by critical reading and careful reasoning. Special attention is given to developing ideas, writing from sources, organizing material, and revising drafts. Additional emphasis is on grammar, style, and formal conventions of writing. Students respond to one another's work in workshops or peer critique sessions. Weekly informal writing complements assignments of longer finished papers. (This course fulfills the all-college requirement in expository writing.)

## **MB 107 Business and Organizational Management**

### **Credits: 4**

A broadly based introduction to the field of business that can serve either as the first course in the departmental sequence or as an only course for a student desiring an overview of business and organization management. Topics include strategy, accounting and finance, industry and environmental analysis, company/internal analysis, marketing, ethics, social responsibility, sustainability, and work team dynamics. Students present individual written analyses and engage in group oral presentations. This course covers the following dimensions for studying management and business in context: I, II, III, IV, V, VI.





health disparities in our nation. I would also like to create ideas for solutions to these problems as they would have a huge impact on the healthcare system in the United States.