

College of **HEALTH & SOCIAL SCIENCES**

Student Resource Center

At the College of Health & Social Sciences' Student Resource Center, we can provide you with the support you need to navigate University policies and regulations, direct you towards appropriate support services and offer a compassionate ear in a time of frustration or stress as you deal with the pressures of work, school and family responsibilities. Drop by to make an appointment to see one of our advisors.

Services Offered

- Academic Planning (GE/DPR/Major)
- Transition Support for First Time Freshman and Transfers
- Impacted Major Consultation
- Academic Probation Support
- General Life/Support Counseling
- Career Prep and Planning
- Graduation Check (GE and Graduation Requirements)
- Resume and Cover Letter Help

CHSS Student Resource Center

HSS 254

srcenter@sfsu.edu

(415) 405-3740

chss.sfsu.edu/src



PRE-HEALTH EDUCATION

The Pre-Health Education designation allows you to continue to explore various majors by selecting multidisciplinary General Education classes with a focus on coursework/prerequisites that can prepare you to apply for admissions into the Bachelor of Science in Health Education Program, should you determine that this major is most appropriate for your skills, interests and career goals.

IMPACTION

The SF State Health Education major is an impacted program, meaning there are more students wanting the major than capacity. Thus, freshmen and sophomores interested in the Health Education program should consider declaring Pre-Health Ed. However, this does not mean that your major is now Health Education, nor does this designation guarantee or increase your chances of acceptance into the major. It may make you eligible to receive news and updates from the department and college regarding the program.

ABOUT THE MAJOR

The Health Education program is designed to facilitate voluntary changes in individual health behaviors as well as to advocate for systematic changes which lead to health promotion and disease prevention for all. This program prepares individuals to plan, implement and evaluate programs for health and human services, such as public health departments, voluntary health agencies, community-based organizations, community clinics and hospitals.

Emphasis Areas

Community-based Public Health

An approach that unites the community by organizing, empowering and participating in shared-leadership partnerships for health. This emphasis gives students the freedom to choose electives from their particular health-related area of interest. Students design programs rooted in the values, experiences, knowledge and interests of the community itself.

Holistic Health Studies

Explores diverse cultural, historical and interdisciplinary concepts and practices from around the world, providing students with a deeper understanding of health, healing and optimal well-being. A holistic perspective informs course content, recognizing the fundamental interdependence of life on this planet. Experiential learning is an essential component of the curriculum.



**SAN FRANCISCO
STATE UNIVERSITY**

Suggested First-Year Course Sequence

FALL 2018

Area B4 Math 124 or ISED 160
Area A2 English 114 or English 104
Area A1 or A3 Oral Communication or Critical Thinking
Area B2 and B3 Biology 100 and 101
Area C1 or C3 Arts or Literature

SPRING 2019

Area A2 or A4 English 105 (if needed) or English 214
Area A1 or A3 Oral Communication or Critical Thinking
Biology 210 & 211
Area C1 or C3 Arts or Literature
Area D2 or D3 U.S. History or U.S. & California Government

* AP and IB exam scores as well as courses taken at a community college can also impact the suggested course sequencing. If you are not sure how this will affect your scheduling, please contact an SRC advisor.

** Admission in this major requires that you be at junior standing (60 units) by the time you start the program. If it is important that you start this program by your junior year, you will need to average at least 30 units each academic year. Apply in sophomore year for admission in junior year.

APPLICATION INFORMATION

All students interested in applying to the Health Education major must attend an information session during the Fall semester. An overview of the Health Education major program, requirements and expectations will be presented and an application to apply to the major will be sent to you after your information session attendance has been confirmed.

*RSVP is required to orientations, and application to the major will NOT be handed out in advance. Students must RSVP and attend an information session to receive an application. Applications to the major will only be sent to those students who registered and attended an information session. The applications to the major will be emailed after the information sessions.

**Fall 2018 Info Session Dates: TBD. Check department website for updates in August.

Please note: SF State University policy states that students with 96 or more units cannot apply to an impacted major.

HED FOUNDATION COURSES

BIOL 100



BIOL 101

BIOL 210



BIOL 211

MATH 124 or
ISED 160

General Education Areas Potentially Met by Courses in this Major

Successfully completing and the Health Education curriculum would also mean that you have met the requirements for AREA B1, B3, and B4 as well as possibly D1 in your lower General Education requirements.

ADDING, DROPPING AND WITHDRAWING FROM CLASSES AFTER START OF SEMESTER

Please be aware of all deadlines. You may add courses via your Gateway until before the first day of instruction, provided there is space available. Once classes start, you will need permission numbers from your instructor to add classes via Gateway.

Dropping courses via your Gateway without it noted on your official records must occur within the first three weeks of each semester. After this three-week period, you are no longer allowed to drop courses via your Gateway. You must have a serious and compelling reason to withdraw from a course and submit a petition with objective supporting documentation. If approved, a "W" will appear on your transcript. All withdrawal petitions that lack serious and compelling reasons and/or viable supporting documentation will be denied within the College of Health & Social Sciences. Be conscientious about withdrawing from classes, as you are allowed a maximum of 18 units for withdrawal, and "W"s on your transcript can reflect poorly. Also, keep in mind that you are only allowed to repeat a course once for a maximum of two times.

Lastly, it is ALWAYS students' responsibility to ensure that they are in the appropriate classes — always check your schedule!

RESOURCES:

DEPARTMENT OF HEALTH EDUCATION

HSS 326 | hed@sfsu.edu | (415) 338-1413
hedadvising.youcanbook.me
healthed.sfsu.edu

CHSS STUDENT RESOURCE CENTER

HSS 254 | srcenter@sfsu.edu | (415) 405-3740
chss.sfsu.edu/src

ASSIST

www.assist.org