

2017-2018 DEGREE REQUIREMENTS		CAREER DEVELOPMENT RECOMMENDATIONS
FRESHMAN YEAR	Fall Semester 14 hours	<input type="checkbox"/> Establish relationships with faculty members, advisors, peers, and campus personnel. <input type="checkbox"/> Develop skills in time management, goal setting, and practice good study habits. <input type="checkbox"/> Develop a resume (EDUC 1111). <input type="checkbox"/> Activate your Hire System account online. <input type="checkbox"/> Practice communication skills, both oral and written (ENGL 1113). <input type="checkbox"/> Explore OSU/Stillwater community through part-time work, volunteering, job-shadowing, and/or participating in events. <input type="checkbox"/> Identify and join student organizations (ex. Health Promotion Club) to explore interests & build skills. <input type="checkbox"/> Research your career: look for information about the health industry and the type of jobs you are interested in ... OR... <input type="checkbox"/> Explore your skills, values, interests and personality with self-assessments and assistance from a career consultant. <input type="checkbox"/> Use career consultant to help you write resume for HLTH 2213 assignment.
	EDUC 1111 First Year Seminar	
	ENGL 1113 <i>or</i> Composition I <i>or</i> ENGL 1313 Critical Analysis and Writing I	
	MATH 1513 College Algebra	
	BIOL 1114 Introduction Biology (LN)	
	HLTH 2603 Total Wellness (S)	
	Spring Semester 17 or 18 hours	
	ENGL 1213 <i>or</i> Composition II <i>or</i> ENGL 1413 <i>or</i> Critical Analysis and Writing II <i>or</i> ENGL 3323 Technical Writing	
	_____3 3 hours of <i>Humanities (H), Diversity-Humanities (DH), or Humanities-International Dimension (HI) credit [LOWER DIVISION]</i>	
	CHEM 1215 <i>or</i> General Chemistry (LN) <i>or</i> CHEM 1314 General Chemistry (LN)	
HLTH 2213 Principles in Health Education and Promotion		
HHP 2654 Applied Anatomy		
SUMMER		<input type="checkbox"/> Obtain relevant work experiences through internships, volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Create a professional LinkedIn account.
SOPHOMORE YEAR	Fall Semester 16 hours	<input type="checkbox"/> Meet with a Career Consultant to develop and/or update a resume. <input type="checkbox"/> Continue to develop skills by seeking leadership positions in organizations and other activities. <input type="checkbox"/> Make contact with employers by attending information sessions, club speakers and other networking events on campus. <input type="checkbox"/> Continue to assess your interests, values, skills and abilities and revise your career plan. <input type="checkbox"/> Identify faculty, advisors, peers, administrators and staff that you can add to your professional network <input type="checkbox"/> Consider obtaining CPR/First Aid Certification <input type="checkbox"/> Attend a career fair in order to become familiar with employers recruiting OSU students. <input type="checkbox"/> Participate in a mock interview. <input type="checkbox"/> Update social media profiles (including your profile on the Hire System).
	_____3 3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S) credit</i>	
	HIST 1103 <i>or</i> Survey of American History <i>or</i> HIST 1483 <i>or</i> American History to 1865 <i>or</i> HIST 1493 American History Since 1865	
	ECON 1113 The Economics of Social Issues (S)	
	BIOL 3204 Physiology	
	HLTH 3613 Community Health	
	Spring Semester 16 hours	
	POLS 1113 American Government	
	NSCI 2114 Principles of Human Nutrition (N)	
	_____3 3 hours of <i>Humanities (H), Diversity-Humanities (DH), or Humanities-International Dimension (HI) credit</i>	
MSIS 2103 <i>or</i> Business Computer Concepts and Applications <i>or</i> EDTC 4113 Applications of Media and Technology		
MKTG 3213 Marketing (S)		
SUMMER		<input type="checkbox"/> Obtain relevant work experiences through volunteer work, part-time job, or summer job. <input type="checkbox"/> Conduct an informal interview and/or observe a physical therapist <input type="checkbox"/> Visit organizations in your field of interest - some may be happy to give you a tour with advanced notice or ask to conduct an informational interview.

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JUNIOR YEAR	Fall Semester 16 hours	<input type="checkbox"/> Have resume critiqued by Career Consultant. <input type="checkbox"/> Research specific employers you are interested in working for <input type="checkbox"/> Attend professional meetings and conferences <input type="checkbox"/> Continue to build your network of faculty and professional contacts	
	STAT 2013		Elementary Statistics (A)
	HLTH 3623		School Health Programs (FALL ONLY)
	_____ 3		3 hours of <i>Social and Behavioral Sciences (S) or International Dimension-Social and Behavioral Sciences (IS) or Diversity-Social and Behavioral Sciences (DS) credit [GENERAL EDUCATION]</i>
	HHP 3114		Physiology of Exercise
	HLTH 3913		Alcohol and Drug Education
	Spring Semester 15 hours	<input type="checkbox"/> Purchase interview attire. <input type="checkbox"/> Attend a career fair and ask about internships. <input type="checkbox"/> Begin graduate/professional/medical school applications.	
	_____ 3		3 hours of <i>Analytical and Quantitative Thought (A), Humanities (H), Natural Sciences (N), or Social and Behavioral Sciences (S) credit</i>
	HLTH 3723		Principles of Epidemiology
	HLTH 3643		Health Behavior Theory
MGMT 3013	Fundamentals of Management (S)		
HLTH 4233	Health and Sexuality (SPRING ONLY)		
SUMMER		<input type="checkbox"/> Obtain relevant work experiences through internships, co-ops, volunteer work, part-time jobs, and/or summer jobs. <input type="checkbox"/> Sign up for graduate/professional/medical school entrance exams.	
SENIOR YEAR	Fall Semester 14 hours	<input type="checkbox"/> Participate in a mock interview (HLTH 4902) <input type="checkbox"/> Develop targeted resume and cover letter and receive feedback from career consultant (BCOM 3113, HLTH 4902) <input type="checkbox"/> Update your Hire System account.	
	BCOM 3113		Written Communication
	HLTH 4533		Psychosocial Issues in Health Education/Promotion
	_____ 3		3 hours Health and Human Performance Elective (see advisor)*
	HLTH 4973		Program Design in Health Education and Promotion
	HLTH 4902	Pre-Internship Seminar	
	Spring Semester 12 hours	<input type="checkbox"/> Network with peers and colleagues during internship. <input type="checkbox"/> Apply to positions of interest. <input type="checkbox"/> Contact career consultant for help transitioning into the workplace. <input type="checkbox"/> Upon graduation, report your post-graduation status to your career consultant or academic advisor.	
	HLTH 4880 (12)		Internship in Health Education and Promotion: Community Health (12 hours)

* Choose one additional course from list included. Check individual course pre-requisites.

- HHP ELECTIVES (Public Health):**
- HHP 4773 – Principles of Exercise Testing and Prescription
 - HLTH 3113 – Health Issues in Diverse Populations (D)
 - HLTH 3603 – Understanding HIV (DS)
 - HLTH 4783 – Health Issues in Gerontology
 - NSCI 3223 – Nutrition Across the Life Span

Sixty (60) hours must be completed at a senior college and must include forty (40) upper-division hours.

Student must have 120 total hours with: (1) 2.75 graduation/retention GPA; (2) 2.75 graduation/retention GPA for enrollment in HHP 4880; (3) 2.75 GPA in College/Departmental Requirements; and (4) 2.75 GPA in Major Requirements. The student must earn minimum grades of "C" and "P" in the College/Departmental Requirements and Major Requirements.

Documentation of current first aid/CPR certification prior to completion of HHP 4880.

THIS PLAN IS ONLY A GUIDELINE. PLEASE REFER TO YOUR DEGREE REQUIREMENT SHEET FOR SPECIFIC REQUIREMENTS.

For assistance with career development contact the college career consultant by email at careersuccess@okstate.edu or call 405-744-6350.