

HEALTH SCIENCE AND WELLNESS

MAJOR MAP 2024



GETTING STARTED

YOUR COURSE JOURNEY

- Enroll in HSW 100: Student Success in Health Sciences and Wellness and HSW 101: Intro to Health and Wellness Careers
- Build your foundational knowledge by enrolling in introductory chemistry, biology, and math (pending your math placement score). Consult with your adviser about the most appropriate natural science courses for your career goals

KNOWLEDGE AND SKILLS

- Attend the HSW All-Major meeting to meet other students and learn about the variety of career options in the health and wellness field
- Ask for help from the [Tutoring Learning Center](#) (TLC) and your professors if you wish to improve

ACT LOCALLY AND GLOBALLY

- Join one of the many [student organizations](#) related to health sciences and wellness: HOSA, [National Wellness Institute Student Chapter](#), Pre-PT Club, [Health Care Organization of UWSP](#)
- Engage with activities and opportunities through the School of Health Science and Wellness [Student Success Center](#)

CAREER READINESS

- Explore opportunities for part-time employment or volunteering to learn more about individuals with backgrounds different than your own
- Create a [college resume](#)
- Complete your [Handshake profile](#)
- Learn about and practice networking by attending a [Networking Workshop](#) or the [All-Major Career and Internship Fair](#)
- [Conduct a Gap Analysis](#)

MAKING PROGRESS

- Establish a [4-year plan](#) with a SHSW adviser
- Collaborate with other HSW majors by taking HSW 250: Wellness Retreat for Pre-Professionals (a weekend retreat at Treehaven in Tomahawk, WI)
- Investigate academic designations: pre-physical therapy, athletic training, or [occupational therapy or minors and certificates](#)

- Consider applying to the [Health Scholars Program](#)
- Apply for [SHSW Scholarships](#)
- Model health and wellness in your own life

- Become an active member of a major-related [student organization](#)
- Research [study abroad](#) or [National Student Exchange](#) programs

- Research job shadowing/ observations of professionals in fields of interest; log those hours
- Investigate trainings or certifications relevant to your goals
- Conduct an [informational interview](#) or [job shadow](#) with someone who works in a field of interest
- Research graduate or professional schools of interest, paying particular attention to admission requirements (coursework, GPA, entrance exams)

MAKING PROGRESS

- Dive deeper into the many aspects of the health and wellness field through your 300 level HSW courses
- Meet with your faculty adviser to discuss opportunities for graduate or professional school

- Inquire about involvement in faculty-led research or community involvement
- Consider taking practicums (HSW 470) to get hands-on experience designed for students

- Consider participation in state or regional organizations or conferences related to your goals
- Get involved in community organizations related to health and wellness

- If pursuing additional education, study for, schedule, and take entrance exams (such as the GRE)
- Attend professional conferences related to your career goals
- Gain [internship](#) or similar work experience in your field
- Pursue opportunities at the [All-Major Career and Internship Fair](#)

PREPARING FOR WHAT'S NEXT

- Consult with your adviser to determine if you will complete an internship (HSW 480) or the capstone course (HSW 490) as your final academic milestone
- [Apply for graduation](#)

- Create and present a culminating project to showcase what you have learned in the HSW major

- Take on leadership roles in student organizations
- Gain awareness and prepare for lifelong learning and professional development

- Start [job searching](#); solidify primary targets and refine materials to fit
- Solidify references and invite them to review your application materials
- Meet with your major's [Career Coach](#) to work through stuck points
- Join and [get involved with](#) relevant professional associations
- Complete the Graduation Exit Survey; we want to celebrate your accomplishments!

CAREERS

- Health and Fitness Specialist
- Public Health Educator
- Lifestyle Coach
- Personal Trainer
- Youth Program Specialist
- Patient Care Coordinator
- Wellness Administrator
- Behavior Change Specialist
- Community Benefits Manager

and many more!

AVAILABLE ONLINE

Major Map documents are available online with additional information!

The staff and faculty at the University of Wisconsin Stevens Point want to help you craft your personal journey. Use this map as a jumping off point for conversations about your goals.

