



MIDDLESEX COMMUNITY COLLEGE STRATEGIES FOR SUCCESS ADVISING GUIDE: *Environmental Health*

The **Environmental Health Associate in Science, Liberal Studies Degree** is designed to prepare students to transfer to bachelor's degree programs in Environmental Health and Public Health. Environmental health, a branch of public health, studies the effects of the environment on human health; the effects of human activities on the environment; and ways to identify, assess and address adverse health effects, and promote public health and sustainable development. Students will study many public health areas, such as epidemiology, toxicology, sanitation, occupational health and safety, food safety, health communications, and policy and history. As an environmental health specialist, you will be able to investigate, evaluate and eliminate environmental conditions that may be harmful to people or communities.



This advising guide includes information that will help you to explore your academic and career interests and determine whether the **Environmental Health Associate Degree** will support your long-term goals.



EXPLORE YOUR OPTIONS WITH ACADEMIC ADVISING

Throughout each semester, meet with your advisor so that he/she can guide you through a self-exploration process that will help you identify your academic and career interests.

Beginning of Semester:

___ Schedule an appointment to meet with your academic advisor during the first few weeks to discuss future plans and how an **Environmental Health Associate Degree** can help you achieve your goals.

___ Explore your personal interests by completing Focus2, an online career assessment tool:
<https://www.middlesex.mass.edu/careerservices/focus2.aspx>

Mid-Semester:

___ Schedule an appointment with academic advisor review your academic progress, Focus2 results and create an academic plan in DegreeWorks.

Before Semester Ends:

___ Schedule an appointment to discuss and register for the classes you will take the following semester. (Early November for spring, Early April for fall and summer)

___ Visit the Academic Career & Transfer Center or call 1-800-818-3434 to schedule an appointment.

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- Exploring Your Options
- Personality Inventory
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ENVIRONMENTAL HEALTH PROGRAM OUTCOMES

Graduates of the program are prepared to:

- Convey scientific information through written oral, and numerical or visual communication;
- Demonstrate investigative skills that underlie the scientific method;
- Discuss the basic principles of environmental systems;
- Understand the effect of human activity on the environment;
- Evaluate and discuss how environmental problems impact health and societal issues.



IS THE ENVIRONMENTAL HEALTH MAJOR THE RIGHT FIT FOR ME?

Environmental Health professionals often address issues related to food and water safety, air quality, adequate sanitation, and emergency responses. They often address communicable disease outbreaks and chronic disease. Experts estimate that a substantial portion of preventable illnesses — such as communicable diseases, asthma, and cancer — can be linked to environmental factors. If you are thinking of choosing a major in Environmental Health, consider whether you have the following traits and abilities which are important to an environmental health professional:

■ **Creativity**

Are you creative? Are you able to develop new ideas, programs, or solutions not previously thought of?

■ **Decision Making**

Are you capable of considering multiple options in a situation or a problem and logically choosing the best course of action?

■ **Helping Others/ Helping Society**

Are you concerned about the health and sustainability of the world around you? Are you interested in contributing to the betterment of the world, either locally or on a broader scale? Do you like to take action when you feel something important to you can be improved?

■ **Independence**

Are you able get things done without significant direction from others?

■ **Listening**

Are you a good listener? Are you capable of paying attention to what other people are saying, and take time to understand the points being made?

■ **Mathematics**

Do you like to solve problems that require some level of mathematics and statistics?

■ **Problem Solving**

Do you stick with a problem until it is solved? Do you like to solve puzzles and figure things out?

■ **Speaking and Writing**

Can you communicate well with others, individually or in a group? Can you give information, explain ideas, and give instructions orally and in writing?



THE TRANSFER PATH

This program is designed for students who plan to transfer to environmental health or public health programs at four-year institutions. Job opportunities include positions in environmental health science, disease prevention, public policy, and education at local, state and federal levels. This degree can also help students pursue careers in environmental or public health agencies in the private industry, including environmental consulting firms, and not-for-profit organizations. Individuals may hold positions as researchers, analysts, inspectors or safety officers.

This program qualifies for *MassTransfer*, which guarantees credit transfer to Massachusetts state universities and the University of Massachusetts.

Transfer Planning Activities:

- ___ Work with advisor to discuss *MassTransfer*, Articulations and transfer agreements
- ___ Visit your selected campuses in person. Every college looks good online or in a glossy photo, but you can get a better feel when you visit.
- ___ Meet with transfer counselor to identify transfer scholarships
- ___ Research admissions requirements and deadlines at four-year colleges and universities

University of Massachusetts Lowell, Environmental Health Degree information

<http://www.uml.edu/SHE/CHS/Programs/Environmental-Health-Programs.aspx>

MCC ADVISING RESOURCES

Career Services:

<https://www.middlesex.mass.edu/careerservices>

Transfer Services:

<https://www.middlesex.mass.edu/transfer>

MassTransfer:

www.mass.edu/masstransfer/

Financial Aid:

<https://www.middlesex.mass.edu/financialaid>

Foundation Scholarships:

<https://www.middlesex.mass.edu/foundation/scholarships/>

College Board Match Maker:

<https://bigfuture.collegeboard.org/college-search>

ENVIRONMENTAL HEALTH RESOURCES

National Environmental Health Association:

<http://www.neha.org/index.shtml>

National Environmental Health Association student resources:

<http://www.neha.org/Students/index.htm>