

Enhance Your Employment Opportunities

Regardless of the major you choose, the experiences you gain outside the classroom will help you develop marketable skills to increase your future employability anywhere:

- Internships and volunteer work
buffalo.edu/career
- Part-time or summer employment
buffalo.edu/career
- Assisting a professor with research
curca.buffalo.edu
- Participation in student clubs and other organizations
buffalo.collegiatelink.net
- Writing skills
www.buffalo.edu/cas/writing
- Public speaking on and off campus
leadership.buffalo.edu/course
- Community involvement
leadership.buffalo.edu
- Other workshops
workshops.buffalo.edu

Student Success and Retention
Office of Student Advising Services
109 Norton Hall
716-645-6013
sas-advisor@buffalo.edu
sas.buffalo.edu

Resources

UB Resources

Changing Your Major (Major Transitions)
advising.buffalo.edu/change

Choosing Your Major
advising.buffalo.edu/choose

College of Arts and Sciences
casadvising.buffalo.edu

Counseling Services
ub-counseling.buffalo.edu

Undergraduate Advising
advising.buffalo.edu

Undergraduate Degree & Course Catalog
undergrad-catalog.buffalo.edu

Health Sciences Resources

American Public Health Association
apha.org

Explore Health Careers
explorehealthcareers.org

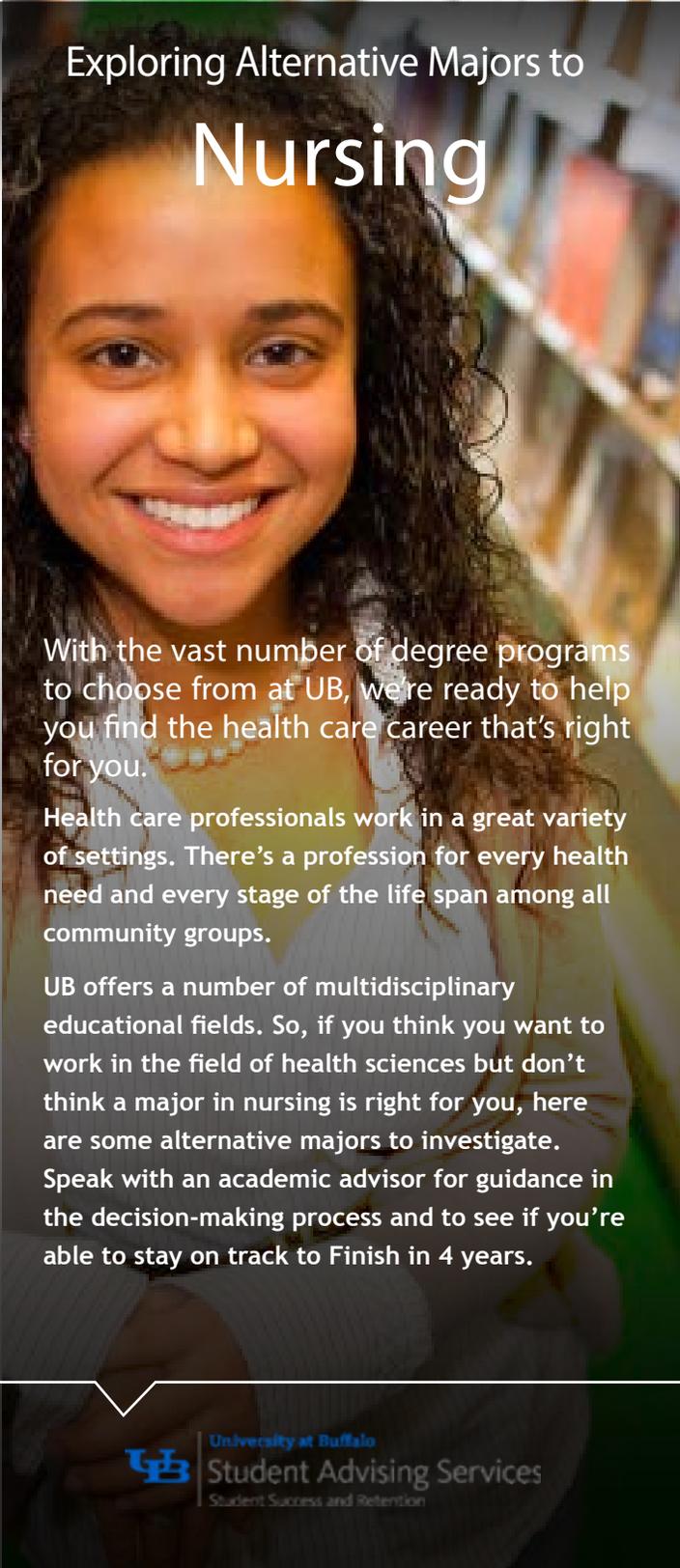
American Association of Pharmaceutical Scientists
aaps.org/careercenter

Science Careers
sciencecareers.sciencemag.org

County Health Officials of New York
nysacho.org

World Federation of Public Health Associations
wfpha.org

Exploring Alternative Majors to Nursing



With the vast number of degree programs to choose from at UB, we're ready to help you find the health care career that's right for you.

Health care professionals work in a great variety of settings. There's a profession for every health need and every stage of the life span among all community groups.

UB offers a number of multidisciplinary educational fields. So, if you think you want to work in the field of health sciences but don't think a major in nursing is right for you, here are some alternative majors to investigate. Speak with an academic advisor for guidance in the decision-making process and to see if you're able to stay on track to Finish in 4 years.

Career Services

259 Capen • 716-645-2231

buffalo.edu/career

If it's time for a re-evaluation of your interests and goals or you need further assistance understanding yourself, exploring options or navigating the decision-making process, talk to the experts in UB's Office of Career Services. Here are just a few of the resources the office provides:

- Career counseling
- Workshops, seminars and career fairs
- Self-assessment and vocational interest inventories
- Career library
- UB Mentor Program on LinkedIn
- UBE 202, a course aimed at assisting students with self-assessment, decision-making strategies, career choices and much more

Alternative Majors

Psychology

283 Park Hall • 716-645-3650

psychology.buffalo.edu

As a psychology major, you will gain an understanding of the basic processes of sensation, perception, learning, cognition, development and personality, along with principles of social psychology, clinical psychology and behavioral neuroscience. The coursework for this degree emphasizes the scientific foundations of human behavior, but places less emphasis on science and laboratory skills than a degree in nursing. Psychology majors can be found as medical technicians, in hospitals, in mental health facilities, in occupational therapy and in a variety of other areas in the health field. Many careers require additional education at the graduate level.

Nutrition

(special major or minor only)

15 Farber Hall • 716-829-2941

sphhp.buffalo.edu/ens/nutrition

The study of nutrition concerns social, economic, cultural and psychological implications of food and eating. You can design a special major in the field of nutrition sciences with the help of two faculty members and an advisor. Coursework in this specialized major includes topics such as nutritional sciences, physiology, statistics, chemistry and physics. The minor in nutrition provides a foundation in human nutrition. Nutrition specialists work in hospitals, nursing homes and many other health organizations. Additional education at the graduate level may be required for some positions.

Health and Human Services

Social Sciences Interdisciplinary

203 Clemens Hall • 716-645-2245

sscidp.buffalo.edu

The social sciences degree program offers a broad range of knowledge, skills and training for a career in health sciences. A structured internship program within the major adds to the diversity of experience available with a concentration in health and human services. This major provides a practical focus for studying about services for the elderly; child care and early childhood education; and rehabilitative and support services for individuals who are mentally ill and developmentally disabled. Graduates of this major frequently establish careers in human services, health and counseling.

Anthropology

380 Millard Fillmore Academic Center

716-645-2414

buffalo.edu/cas/anthropology

An anthropology degree combines the biological, historical and social sciences into a unique study of humankind. Anthropology examines and attempts to understand humankind as a whole, and to study human beings as an animal, a social creature and a literate being. Many anthropology majors use their degree as a foundation to become dentists, economists, health administrators or physicians.

Speech and Hearing Science

122 Cary Hall • 716-829-2797

arts-sciences.buffalo.edu/cds

The speech and hearing science degree deals with the development of various communicative processes; the causes of communicative disorders; ways in which communicative disorders manifest themselves; techniques used to analyze speech, language and hearing disorders; and the methods used to remedy these problems. Therefore, a foundation in anatomy, physiology, psychology and linguistics is necessary. Speech and hearing science professionals can be found in education, occupational therapy, audiology and more. The undergraduate major in speech and hearing science is a pre-professional degree. Students must earn a graduate degree in this field in order to obtain national certification, state licensure or teacher certification.

Also consider adding a minor in the School of Public Health & Health Professions:

104A-104C Kimball Tower • 716-829-5000

sphhp.buffalo.edu/home/education/minor-programs

Health & Wellness Minor

This interdisciplinary minor provides information on the foundational concepts of health promotion and wellness education. The courses are offered through multiple departments, including social and preventive medicine; exercise and nutrition sciences; community health and health behavior; psychology; counseling and educational psychology; and Wellness Education Services, providing health promotion and wellness study from a range of perspectives. The minor also covers coursework in prevention, health maintenance, and health education within the context of health and wellness promotion for diverse populations.

Public Health Minor

Public health represents a growing and dynamic field with opportunities to address the world's most pressing health problems. This minor provides an advanced understanding of population-level approaches to protecting and improving health and is particularly desirable to students preparing to pursue a health-related career. The discipline is a combination of both the science and art of advancing the health of individuals, families, communities, and populations through education, promotion of healthy behaviors, and research for disease and injury prevention.