

## Student Advising Services

109 Norton Hall, Phone: 716-645-6013

Email: [sas-advisor@buffalo.edu](mailto:sas-advisor@buffalo.edu) , Web: <http://sas.buffalo.edu>

## Alternatives to Nursing

Did you know that you do not need to pursue a degree in Nursing to work in a health science fields? **It's True!!**

The goal of working in a healthcare setting can be achieved through a number of multi-disciplinary educational programs.

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, there are alternative majors you should investigate. Consult with an academic advisor for additional information.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/psy.shtml>

### Psychology

<http://psychology.buffalo.edu/>

283 Park Hall • (716) 645-3650 X 283

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 and mental-health facilities, occupational therapy, and a variety of other areas in the health field.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/spma.shtml>

### Special Major

[http://wings.buffalo.edu/cas/students/special\\_majors/](http://wings.buffalo.edu/cas/students/special_majors/)

275 Park Hall • (716).645.6883

### Nutrition (Special Major)

<http://sphhp.buffalo.edu/ens/nutrition/>

15 Farber Hall • (716) 829-3680

With the help of two faculty members and an advisor, you can design a special major in the field of Nutrition Sciences, which is essentially the same as a specialized biology degree in Human Biology. The study of nutrition concerns social, economic, cultural, and psychological implications of food and eating. Coursework in this specialized major include topics such as nutritional sciences, physiology, statistics, chemistry, and physics. With a degree in Nutrition Sciences, employment can be found at hospitals, nursing homes, and many other health organizations.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/ssc.shtml>

### Social Science Interdisciplinary

<http://cas.buffalo.edu/programs/idp/ugrad/>

203 Clemens Hall • (716).645.2245

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 to studying about services for the elderly, childcare and early childhood education and rehabilitative and support services for the mentally ill and developmentally disabled. Graduates of this major frequently establish careers in human services, health, and counseling.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/pgy.shtml>

### Physiology

(Not a baccalaureate degree program)

<http://www.smbs.buffalo.edu/phb/>

124 Sherman Hall • (716) 829-2738

Physiology courses provide students whose majors are in the life and health sciences with an understanding of the body's functions at the cellular and organ-system levels. A number of courses serve as pre-requisites for majors with a science and/or health-care focus. Careers in physiology include employment in medical labs, clinics, hospitals, and education.

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## Alternatives to Nursing

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/es.shtml>

### Exercise Science

<http://sphhp.buffalo.edu/ens/>

405 Kimball Tower • (716) 829-2941

The undergraduate degree program in Exercise Science (ES) is designed to give students a strong knowledge base in physiological, biomechanical, and nutritional aspects of human physical activity. The formal lecture/laboratory sequence of courses in the four-year program, coupled with a one-semester internship experience, prepares graduates for entry-level positions focusing on rehabilitation, prevention of injury and disease, and/or performance enhancement.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/apy.shtml>

### Anthropology

<http://wings.buffalo.edu/anthropology/>

380 Millard Fillmore Academic Center • (716) 645-2414

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. Available career choices with an Anthropology degree include a dentist, economist, health administrator, and physician.

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### Undergraduate Catalog:

<http://undergrad-catalog.buffalo.edu/academicprograms/cds.shtml>

### Communicative Disorders

<http://cdswebserver.med.buffalo.edu/drupal/>

122 Cary Hall • (716) 829-2797

The Speech & 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 & Hearing Science majors can be found in education, occupational therapy, and optometry.

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### Career Services

<http://www.ub-careers.buffalo.edu/>

259 Capen Hall • (716).645.2231

If it's time for a re-evaluation of your interests and goals or you need assistance with further understanding yourself, exploring options, or gaining guidance in the decision-making process then UB's Office of Career Services is an excellent resource that provides several key important services to students:

- Career Counseling
- Workshops/Seminars/Career Fairs
- Self-Assessment/Vocational Interest Inventories/**FOCUS** (<http://www.student-affairs.buffalo.edu/career/focus.php>). FOCUS is an Internet based career decision-making tool that allows you to get help selecting a major or career as well as investigate graduate schools.
- Career Library
- Meet a Mentor Program
- UBE 202, a 3-credit course aimed at assisting students with self-assessment, decision-making strategies, examining career choices, and much, much more.

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## Alternatives to Nursing

### Enhance Your Opportunities

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

Internships and volunteer work  
Part-time or summer employment  
Assisting a professor with research  
Participation in student clubs and other organizations  
Computer skills  
Writing skills  
Public speaking on and off campus  
Leadership development & Community involvement

<http://www.ub-careers.buffalo.edu/student.php>  
<http://www.student-affairs.buffalo.edu/career/stufind.php>  
<http://curca.buffalo.edu/>  
<http://www.getinvolved.buffalo.edu/>  
<http://www.itworkshops.buffalo.edu/>  
<http://tlc.buffalo.edu/lcwrite.htm>  
<http://ubclub.freetoasthost.ws/>  
<http://www.student-affairs.buffalo.edu/leadership/>

### Resources

A Guide To Choosing A Major  
Career Services  
College of Arts and Sciences (CAS)  
Cora P. Maloney College  
Counseling Services  
School of Engineering & Applied Sciences  
Undergraduate Catalog A to Z  
Undergraduate Advising

<http://advising.buffalo.edu/yourmajor/index.php>  
[www.ub-careers.buffalo.edu](http://www.ub-careers.buffalo.edu)  
<http://casadvising.buffalo.edu/>  
<http://cpmc.buffalo.edu/>  
<http://ub-counseling.buffalo.edu/>  
[www.eng.buffalo.edu](http://www.eng.buffalo.edu)  
<http://undergrad-catalog.buffalo.edu/atoz/index.shtml>  
<http://advising.buffalo.edu>

### The Occupational Outlook Handbook

This is the quintessential career resource page. This Federal Government website includes statistics, descriptions, and trends for thousands of careers.

<http://www.bls.gov/oco/>

### Health Sciences Resources

Careers in Allied Health  
Science Careers  
New York State Association of County Health Officials  
American Public Health Associations

<http://www.ama-assn.org/ama/pub/category/10481.html>  
<http://recruit.sciencemag.org>  
<http://www.nysacho.org/>  
<http://www.apha.org/>