

Student Advising Services

109 Norton Hall, Phone: 716-645-6013

Email: sas-advisor@buffalo.edu , Web: <http://sas.buffalo.edu>

Alternatives to Exercise Science, Occupational Therapy, Physical Therapy

Have you decided that Exercise Science, Occupational Therapy or Physical Therapy just isn't right for you? Or, are you struggling through one of these programs? UB offers a number of majors that you can pursue if you have a desire to make a significant contribution to the lives of others. Academic programs that you may not have considered before can provide you with the skills necessary to obtain your goals.

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 Department of Communicative Disorders deals with the development of various communicative processes, the causes of communicative disorders, the ways in which these disorders manifest themselves, the techniques used to analyze speech, language, and hearing disorders, and the methods used to remedy these problems. The two primary subfields in communicative disorders and sciences are speech-language pathology and audiology. The undergraduate program with a major of 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.

Undergraduate Catalog:

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

Health & Human Services

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

203 Clemens Hall • (716) 645-2245

Health and Human Services 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. The concentration includes statistical reasoning and research methodology components. A significant on-site practicum experience is an integral part of this curriculum. Typical graduates find employment in human services or graduate work in counseling or Masters of Social Work programs.

Undergraduate Catalog:

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

Psychology

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

283 Park Hall • 716.645. 3650, ext. 283

Psychology is the science of behavior and the mind. In both the B.A. and the B.S. programs, the study of psychology provides an understanding of basic processes of sensation, perception, learning, cognition, development, and personality along with principles of social psychology, clinical psychology, and behavioral neuroscience. The basic goal of the B.S. program is to integrate the scientific foundation of psychology with a strong basic science background to better prepare students for advanced training in psychology, medicine, cognitive science, neuroscience and other related disciplines.

Undergraduate Catalog:

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

Sociology

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

430 Park Hall, (716).645.2417

Sociology is the study of social life, social change, and the social causes and consequences of human behavior. Sociologists investigate the structure of groups, organizations, and societies, and how people interact and behave within these contexts. B.A. graduates in sociology apply the sociological perspective to such sectors as business, education, the health professions, the criminal justice system, social services and the government.

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Undergraduate Catalog:

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

Anthropology

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

380 MFAC, (716).645.2414

Anthropology combines the biological, historical and social sciences in a unique study of humankind. It is the only discipline that examines and attempts to understand humankind as a whole and to study the human being as an animal, a social creature and a literate being. Physical anthropology studies the origins, adaptations and evolution of our own species and of our primate relatives. Archaeology studies the historical development of human cultures by analyzing cultural remains. Cultural anthropology studies the innate, shared and transmitted products of social groups. Students have the option of specializing in one of the three sub-fields. Work settings include government, education, banking, personnel work, public relations, marketing research and human services.

Undergraduate Catalog:

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

Communication

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

359 Baldy Hall • (716).645.2141

Students of communication investigate communication processes as they occur among individuals, groups, organizations and societies. Students can explore interpersonal, small group, organizational, mass, and international or intercultural communication as a part of their studies. B.A. graduates take positions as interviewers, counselors, representatives, negotiators, and recruiters in the fields of personnel, public relations, customer relations, advertising, labor relations, public information and sales.

Other Alternative

Scientific Disciplines for Students Strong in Sciences & Mathematics

Biochemistry, Biomedical Sciences, Biophysics, Engineering, Medical Technology, Nuclear Medicine Technology, Nursing, Pharmacy and Physics. Refer to the **Academic Programs** section of the Undergraduate Catalog (<http://undergrad-catalog.buffalo.edu/academicprograms/>)

Other Multidisciplinary Fields

A degree in Business, Economics, a Special Major and many other College of Arts and Sciences majors can provide a variety of skills that can be attractive to potential employers.

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**. 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. (<http://www.student-affairs.buffalo.edu/career/focus.php>).
- 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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. 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://casadvising.buffalo.edu/>
<http://cpmc.buffalo.edu/>
<http://ub-counseling.buffalo.edu/>
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/>