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](http://buffalo.edu/career)
- Part-time or summer employment [buffalo.edu/career](http://buffalo.edu/career)
- Assisting a professor with research [cur.ca.buffalo.edu](http://cur.ca.buffalo.edu)
- Participation in student clubs and other organizations [buffalo.collegiatelink.net](http://buffalo.collegiatelink.net)
- Writing skills [www.buffalo.edu/cas/writing](http://www.buffalo.edu/cas/writing)
- Public speaking on and off campus [leadership.buffalo.edu/course](http://leadership.buffalo.edu/course)
- Community involvement [leadership.buffalo.edu](http://leadership.buffalo.edu)
- Other workshops [workshops.buffalo.edu](http://workshops.buffalo.edu)

Resources

**UB Resources**

Choosing a Major [advising.buffalo.edu/yourmajor/choosing.php](http://advising.buffalo.edu/yourmajor/choosing.php)

College of Arts and Sciences [casadvising.buffalo.edu](http://casadvising.buffalo.edu)

Counseling Services [ub-counseling.buffalo.edu](http://ub-counseling.buffalo.edu)

Undergraduate Advising [advising.buffalo.edu](http://advising.buffalo.edu)

Undergraduate Catalog [undergrad-catalog.buffalo.edu](http://undergrad-catalog.buffalo.edu)

**Health Sciences Resources**

American Public Health Association [apha.org](http://apha.org)

Explore Health Careers [explorehealthcareers.org](http://explorehealthcareers.org)

American Association of Pharmaceutical Scientists [aaps.org/careercenter](http://aaps.org/careercenter)

Science Careers [sciencecareers.scientificmag.org](http://sciencecareers.scientificmag.org)

County Health Officials of New York [nysacho.org](http://nysacho.org)

World Federation of Public Health Associations [wfpha.org](http://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 assistance understanding yourself further, 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, psychology, 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.

Exercise Science*

211 Kimball Tower • 716-829-2941
sphhp.buffalo.edu/ens

The undergraduate degree program in exercise science is designed to give students a strong knowledge base in the 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. Some careers may require additional education at the graduate level.

*selective admission; application deadline

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
cdswebserver.med.buffalo.edu/drupal

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 classes in:

Physiology

(not a bachelor's degree program)
124 Sherman Hall • 716-829-2738
www.smbs.buffalo.edu/phb

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 prerequisites for majors with a science and/or health-care focus. Careers in physiology include positions in medical labs, clinics, hospitals and education.