

**Get the Most Out of Cal:**

**Our Favorite Public Health Classes**

**Bio 1AL: General Biology Laboratory (2 Units)**

Bio 1AL is the lab portion of Bio 1A which included studying genetics and animal form and function. I’ve really enjoyed Bio 1AL, even though it’s challenging, because it encompasses so much of biology, and the course coordinators try to expose you to to concepts and lab techniques that will carry through to later biology and lab courses you take at Cal, and after graduation

**Bioengineering 99: Supervised Independent Study and Research (1-4 Units) (Also available in many departments – including Public Health- pending on your faculty sponsor)**

This is an independent research opportunity that you take with a professor that is willing to sponsor you and have you under his/her supervision. There are different CCN's for different majors. Time requirements and number of units you can get for the class is up to you and the professor. However, if you're in a hard science lab, expect at least 20 hours a week.

**Chem 3A: Chemical Structure and Reactivity (3 Units)**

This is the intro to organic chemistry course for non-College of Chem students. Even though ochem sounds really scary (especially after the horrors of Chem 1A), I actually really enjoyed that class because it was a lot more relevant to everyday life, unlike Chem 1A. For instance, my professor taught us the reaction to make aspirin. Don’t be scared by this class; you’ll learn so much and build the foundation for many natural science courses later on!

**MCB 50: The Immune System and Diseases (3 Units)**

The contents of this course are very interesting and Prof. Beatty takes it upon himself to make the lectures as enjoyable as possible. You start the semester off by learning about the basics of the immune system and then go on to learn about how your immune system responds to certain diseases. The course is well organized and his office hours are also very helpful. He is fun and easy to approach during office hours and I hope to take his more advanced immunology class in the upcoming semester! You should check out his class if you're looking to get out of the Bio 1A requirement!

**Molecular and Cell Biology 55: Plagues and Pandemics (3 Units)**

MCB 55 is a really interesting course that discusses how infectious agents cause disease and impact society at a large. This has been my favorite class at Cal so far because you get to learn not only about the specific nature of these infectious diseases but also about the historical, ethical and social implications of each disease. I highly recommend taking this class with Professor Vance and Beatty because their lectures are both so engaging and interesting that they really excite you and make you want to learn more about the diseases in our world. MCB 55 is a really great class, with not too much of a workload, for anyone interested in learning about infectious pathogens and what they actually mean to us.

**Molecular and Cell Biology C62: Drugs and the Brain (3 Units)**

*Drugs and the Brain* is a longtime favorite for science and non-science majors alike. Professor David Presti is engaging and does not make the material overly complicated or challenging. The class is a great insight into the effects of hallucinogenic & psychoactive drugs, making for quite a fascinating class.

**Psychology 1: Introduction to Psychology (3 Units)**

This is a great class to take especially if you are new to Berkeley! Professor Gaude is an amazing professor, you should definitely attend his office hours. No matter if you want to be a psychology major or are just interested in the subject, the material is very applicable to everyday life.

**Psychology 130: Clinical Psychology (3 Units)**

Psychology 130 has been one of my favorite classes while attending Cal. I took the course Spring 2014 with Professor Levenson, who is an extremely engaging, enthusiastic, and humorous lecturer. The exams were fair and were made to simply test your knowledge- not trick you in any way. In addition, the final group project gave students the opportunity to organize and present a case-study based off a fictional character in a Hollywood movie. Learning about clinical psychology was a great way to extend my knowledge of Public Health, and gave me a Psychology-perspective to the field of medicine. I highly recommend that you take the class!!!

**Public Health 14: Healthy People – Introduction to Health Promotion (4 Units)**

This was the first Intro. to Public Health class that I took at Cal and I absolutely loved it! Professor Gamble is genuinely sweet and helpful. She provides students with all the tools necessary to succeed in her class. The material is very interesting and not difficult to conceptualize. Additionally, students are introduced to much of the Faculty within the School of Public Health, who often appear as guest lecturers throughout the semester.

This is an introductory public health class under the category of community health. It covers a wide range of topics such as substance use, sexual health and nutrition which are highly related to us as college students. I really like the format of this class as lectures are not just given by the professor but also guest speakers from various disciplines as well, hence exposing us to topics from different perspectives. Moreover, we are to complete a semester-long action project that focuses on examining and improving the health of our chosen community. It was challenging but also fun at the same time, so if you are looking for a chance to apply your public health knowledge to real life situations definitely check out this class. And just a reminder it is only offered in spring so you may want to plan your schedule accordingly!

**Public Health 112: Global Health – A Multidisciplinary Examination (4 Units)**

PH 112 is composed of mostly guest lectures - in general, it is like PH116 but in a 4 unit, graded format! It provides a broad and diverse understanding of global health issues such as water/sanitation, economics of health and medical care, and human rights and behaviors through renown professionals in the field (the head professor, Professor Reingold has a great network of connections) and covers only the basics of epidemiology (no previous knowledge required).

**Public Health 116: Seminar on Social, Political, and Ethical Issues in Health and Medicine (2 Units)**

This class is led by student TAs and is a very easy and interesting way to fulfill the Philosophy & Values breadth requirement. Each week there is a different guest lecturer, who covers a specific topic within Public Health. Overall, the class is a great introduction to Public Health for those who want to learn more about the field.

This is my favorite class because it was so refreshing to be able to apply what I have been learning at Cal to examine and develop my own thoughts on controversial health-related topics.

#### Public Health 150D: Introduction to Health Policy and Management (3 Units)

This class is a great introduction to how healthy policy works in the United States. It discusses health insurance, payment plans, and federal and state policy regarding health care. It also compares the US system with those of different countries. You will gain a more in-depth understanding of government-sponsored programs like Medicare and Medicaid. I loved this class because everything you learn is really pertinent to our lives, such as why I am paying so much for health insurance. It's not an especially hard course and if you are considering medicine, optometry or dentistry as a career, it will help you learn about the system that you will eventually be working for.

**Public Health 150E: Community Health and Human Development (3 Units)**

This course provides a survey social, cultural, and bio-behavioral patterns of health and well-being among individuals, families, neighborhoods, and communities. Professor Satariano is very experienced in the field of community health and provides students with an enriched understanding of the different ways in which your environment can effect your overall health and well-being.

**Sociology 1: Introduction to Sociology (4 Units)**

This class fulfills a Social Science pre-requisite for Public Health. After taking this course with Professor Gold, I learned that I am really interested in sociology, “the study of human social behavior.” The basic concepts that you learn in this class compel you to rethink much of your daily life in regards to the way you interact with others. If you enjoy people-watching, you’ll gain a whole other perspective on and greater appreciation for it. The midterm combines multiple choice (defining concepts), short answer (matching famous sociologists to their associated ideas), and short essays (5-7 sentences). The exams in this class are extremely straight-forward, and Gold also provides a study guide of important terms and study questions. The two written assignments are take-home, both of which are a maximum of 3 pages, double-spaced, and require you to apply concepts and theories of social interactions, class, race-ethnicity, gender, and inequality to current social issues and real-life situations that you will personally observe “in the field.” Additionally, the amount of readings is not a huge strain on your workload, and they were always thought-provoking! Highly recommend!