

HEALTH AND WELLNESS

# Promote healthy lives



**Oregon State**  
UNIVERSITY





# Quality of life

takes many different dimensions – all of them important, often evolving over the life span. Making a positive difference in people's lives by promoting and protecting their health and the health of their communities can be among the most rewarding of careers.

**AND BECAUSE THERE ARE SO MANY ASPECTS TO QUALITY OF LIFE**, you can choose from a variety of career paths. As a health and wellness professional, you can help people and society overcome the effects of illness, disease, disability and injury. You can help people make informed, healthy choices about diet and fitness. You can help shape health policy decisions that affect millions of people. You can even enhance their lives by keeping their pets happy and healthy.

In other words, there are lots of ways you can make a positive difference in your community and beyond through health and wellness. And Oregon State University is a great place to get started.

Oregon State's programs in science, public health and human sciences, nutrition, pre-health areas, pre-pharmacy and pre-veterinary medicine will prepare you to step into a career, go on to graduate school or enter a program in one of the health professions.

Something else to consider: as the population grows and people continue to live longer, the skills you develop at Oregon State will be in high demand. Which means excellent career prospects – and often a choice of several good job offers – when you complete your studies.



# Careers

## The world beckons

College is often just the first step on a career path. Traditional health professions such as medicine, dentistry, nursing, pharmacy and veterinary medicine all provide rewarding careers, but there are also growing opportunities in public health, athletics, nutrition and the assisted-living industry. Many of these careers require further education in graduate, professional or medical school.

Career choices vary widely, and your options are as varied as your imagination, both in the U.S. and abroad. Depending on your interests, you might work with young children, teenagers, adults or senior citizens — or you may select a career that involves working with people across the life span.

# Preparation

## Getting ready

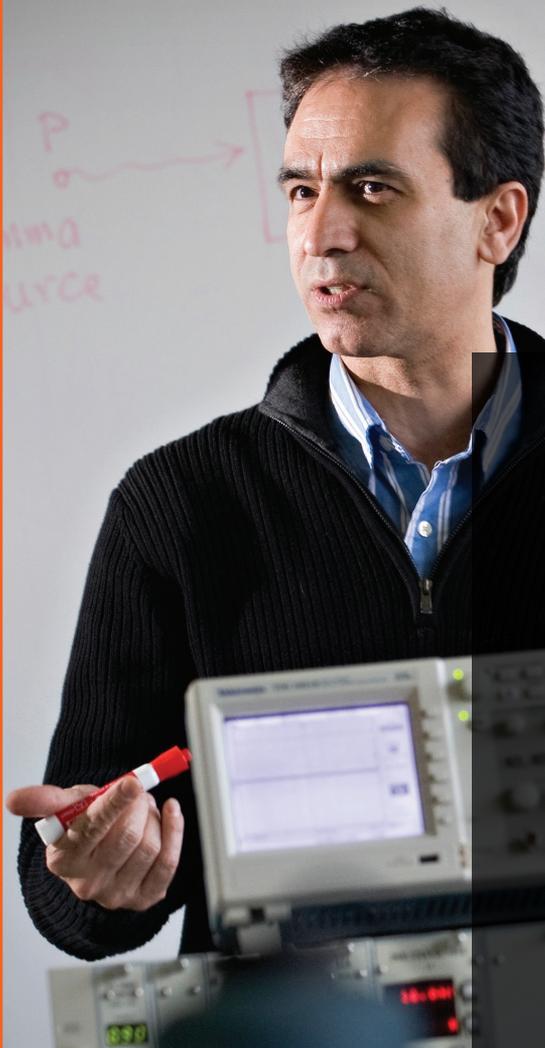
To prepare for study in health and wellness, you should have a strong academic background with an emphasis on mathematics and the sciences, especially laboratory sciences. Because you will need good communication skills to deal with people — especially those who are concerned about their health and well-being — you should also have a well-balanced background in the social sciences and humanities. And, as with most fields today, it's important to have solid computer skills.

If you have questions about preparing for university-level study in these fields, contact the advising staff in the program you're considering.



### With a focus on health and wellness studies, you might be:

- A primary care physician, a surgeon or a specialist in a particular medical area.
- A dietitian or nutritionist, helping people avoid or overcome illness, obesity or poor eating habits.
- An athletic trainer, aiding in the prevention, treatment and rehabilitation of sports injuries.
- A leader in organizing, directing and managing fitness and wellness programs in a corporate, commercial or clinical setting.
- A physical or occupational therapist, helping people overcome the effects of injury or disability.
- A health policy expert leading reforms in health services.
- An administrator in a hospital, long-term care facility or other health services organization.
- A health educator, focusing on risk reduction and the prevention of premature death and disability among diverse populations.
- A pharmacist, serving as a drug and medication expert working with physicians and other members of a patient's health care team.
- A veterinarian, taking care of people's pets and farm animals or helping keep the nation's food supply safe.



## Your first year Suggested first-year curriculum

Health professionals have multidimensional jobs, and a well-rounded education is an important foundation for a successful career. You'll spend your first year developing your critical thinking, communication and problem-solving skills through courses from Oregon State's Baccalaureate Core — the physical and biological sciences, arts and humanities, mathematics, writing, fitness, cultural diversity and freshman orientation — along with some beginning courses in your major.

To make sure you get off to a good start and stay on course for graduation, you should meet with an adviser as you plan your first-year program — and at regular intervals after that.

Oregon State researchers in biochemistry recently announced significant new advances in determining the structure of all possible DNA sequences. The advances could help set the stage for new discoveries in biology, biomedicine and other fields.

# Health and wellness

## Undergraduate degree programs at Oregon State

(Selected minors, options and certificates in small type)

### College of Agricultural Sciences

#### Animal Sciences

Animal Management  
Pre-Veterinary Medicine/Science

#### Bioresource Research

Animal Reproduction and Development  
Applied Genetics  
Bioenergy  
Bioproducts  
Biotechnology  
Climate and Biosystems Modeling  
Environmental Chemistry  
Food Quality  
Genomics/Bioinformatics  
Pest Biology and Management  
Plant Growth and Development  
Sustainable Ecosystems  
Toxicology  
Water Resources

#### Food Science and Technology

Enology and Viticulture  
Fermentation Science  
Food Science

### College of Engineering

#### Radiation Health Physics

Radiation Health Physics-Pre Med

### College of Public Health and Human Sciences

#### Exercise and Sport Science

Pre-Therapy and Allied Health

#### Human Development and Family Sciences

Child Development  
General Human Services

#### Nutrition

Dietetics  
Nutrition and Food Service Systems  
Nutrition and Health Sciences

#### Public Health

Health Management and Policy  
Health Promotion and Health Behavior

### College of Science

#### Biochemistry and Biophysics

#### Biology

Biotechnology (Biology)  
Genetics  
Marine Biology  
Pre-Education Biology

#### Chemistry

Advanced Biochemistry  
Advanced Chemistry  
Biochemistry  
Business  
Chemical Engineering  
Chemistry Education  
Environmental Chemistry  
Forensic Science  
Materials Science  
Pre-Medicine

#### BioHealth Sciences

Pre-Clinical Laboratory Science  
Pre-Dentistry  
Pre-Medicine  
Pre-Nursing Education  
Pre-Occupational Therapy  
Pre-Optometry  
Pre-Pharmacy  
Pre-Physical Therapy  
Pre-Physician Assistant  
Pre-Podiatry

#### Microbiology

#### Zoology

Pre-Podiatry  
Pre-Veterinary Medicine

### Professional Programs

College of Pharmacy (Pharm. D.)

College of Veterinary Medicine (DVM)

# Scholarships

## Help to get you started

Anything worthwhile, including college, requires an investment. But we might be able to help with some of the costs. Scholarships are available at the university level, as well as from individual colleges and departments. Most scholarships are awarded based on information in the Oregon State scholarship application submitted with your application for admission, but others require separate applications. The deadline for applying for university scholarships is Feb. 1. Be sure to check with your college and department on the deadlines for other scholarships.



Oregon State graduates work in health and wellness-related professions across the life span, with everyone from young children to seniors.



## Internships

### A preview of what's to come

The on-the-job experience provided by internships is required in some programs and encouraged in most others. Increasingly, graduate and professional schools in health areas prefer students who have experience working or volunteering in the field.

Through an exciting preceptorship program in public health and pre-medicine programs, you can spend time with a working professional — observing patient care, community health, office procedures and other aspects of your preceptor's career.

Your professors, department and college, as well as Oregon State Career Services, can help you apply for an internship. Depending on your internship, you can choose to take a term or two off from classes, take classes while completing your internship or do one over the summer.

## Research

### Discover solutions

Like internships, research experience can give you an advantage when applying to graduate and professional programs. In most health areas, you'll have opportunities to make real contributions to faculty and graduate students' research projects. You may also develop and pursue your own research addressing local, national and international health concerns.



## Other ways to learn Additional academic programs

As a premier international research university, Oregon State offers a resource-rich environment that encourages you to combine your studies in health and science fields with opportunities like the University Honors College, International Degree and Study Abroad programs. These programs offer challenges and unique experiences to support your academic, professional and personal growth. They're also fun.

The College of Science offers 10 different programs in the health sciences geared toward preparing students for professional schools in medical, dental and other health care fields.



# See yourself here

## Be sure to visit

The best way to see yourself as an Oregon State student is to come visit. Set up a campus tour and arrange to talk with people in your area of academic interest by calling the Office of Admissions at 800-291-4192 or visiting [oregonstate.edu/admissions](http://oregonstate.edu/admissions).

### For more information

- College of Agricultural Sciences ..... 541-737-2211  
[agsci.oregonstate.edu](http://agsci.oregonstate.edu)
- College of Engineering..... 877-257-5182  
[engineering.oregonstate.edu](http://engineering.oregonstate.edu)
- College of Pharmacy ..... 541-737-3424  
[pharmacy.oregonstate.edu](http://pharmacy.oregonstate.edu)
- College of Public Health and Human Sciences ..... 888-219-4513  
[heath.oregonstate.edu](http://heath.oregonstate.edu)
- College of Science ..... 541-737-4811  
[science.oregonstate.edu](http://science.oregonstate.edu)
- College of Veterinary Medicine ..... 541-737-2098  
[oregonstate.edu/vetmed](http://oregonstate.edu/vetmed)

Oregon State University is committed to affirmative action and equal opportunity and complies with Section 504 of the Rehabilitation Act of 1973.

This publication will be made available in accessible format upon request. Call 541-737-4411.



Office of Admissions  
Oregon State University  
104 Kerr Administration Building  
Corvallis, OR 97331-2106

[oregonstate.edu/academics](http://oregonstate.edu/academics)



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