A Guide to the Health and Society major

Introduction to Health and Society
The multi-disciplinary Health and Society major takes a globally focused approach to help students develop ethical, theoretical, and methodological frameworks for action. Although Health and Society is not a pre-professional major, it can be designed to prepare students for further studies in: public health, medicine/nursing, social work, and law. The Health and Society major combines multiple disciplines and encourages students to develop skills in critical analysis and synthesis. Students who complete the major have:

- The ability to integrate disciplinary perspectives to understand critical issues
- Scientific literacy and effective communication of scientific research
- Quantitative reasoning skills
- Ethical and methodological frameworks for advocacy, social change, and action
- An understanding of health in a global context

Why choose a Health and Society major?
Students who choose the Health and Society major are motivated, self-directed, engaged, and action-oriented individuals. They have broad interests in the health of individuals and populations and strive to understand health in terms of multiple disciplinary frameworks. The rigorous course of study for the Health and Society is carefully constructed to engage students in serious study with significant depth. Majors will develop a personal educational plan to build expertise in a chosen field, engage in a substantial experiential learning experience, and reflect on their education throughout their time at Beloit College.

Sample Four-Year Plan

First Year:
2 intro science courses
2 intro social science courses
Foreign language study (recommended)

Second Year:
Statistics course
1-2 Core courses
(additional intro science and social science courses as needed)

Third Year:
Study Abroad
1-2 Core course
1 upper level science course
Theme courses

Summer:
Internship (best completed after you’ve taken HEAL core courses)

Fourth Year:
Theme courses
Senior Seminar/capstone
Statistics Course
Statistics is a core skill for understanding individual and population health. A statistics course enables students to communicate and analyze information. Statistics courses can be taken through the sociology, psychology, and biology or mathematics departments. When deciding on a statistics course to take, students should consider mathematical background and interest in particular disciplines. Students should discuss course selection with an advisor in order to ensure appropriate enrollment.

Theme Development
Students in the major are required to develop a theme of four courses that integrate multiple disciplines. The theme is developed with the help of an advisor and allows students to engage in in-depth study of a particular topic or set of topics. The theme should include at least three courses above the 100 level. Themes have included:

- Community development
- Global health
- Child development
- Food sovereignty
- Environmental health
- Social justice
- Health policy and law

Experiential Learning
Health and Society requires a related internship or research project as part of the major. The goal of this is to facilitate application of the theories and concepts learned in the major to professional situations.

An internship is substantial and meaningful work in a field of interest. It requires academic consideration and reflection. An internship may be paid or unpaid, and should be registered through the college for academic credit. Some internships are obtained through formal application processes, and others are considerably less formal in nature. When considering where to get an internship, students should reflect on their personal and academic goals and consult with their advisor.

Capstone
The capstone requirement is fulfilled through HEAL 340 (Senior Seminar). This course will have various, rotating topics and will facilitate synthesis of the major, mechanisms to move forward, and extensive reflection.

Departmental Honors
Students who complete special projects or theses/research and meet the GPA requirement will be eligible for departmental honors consideration.