



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman  
College of Public Health

# Bachelor of Arts in **Wellness & Health Promotion Practice**

## Information Session Video for Main Campus Students





# Land Acknowledgement Statement

*We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.*



# AGENDA

1. What is Wellness and Health Promotion Practice (WHPP)?
2. Advising Info and Tips
3. Degree Requirements



## If you are:

- Switching majors into BA - WHPP
- Declaring BA - WHPP as a second major
- Adding the BA- WHPP as a second degree
- Meeting with a WHPP academic advisor

2.0  
Cumulative  
UA GPA  
required

## Then follow these steps:

- Complete the Information Session Worksheet
- Complete the Curriculum Worksheet

*Worksheets can be found on the webpage where you opened the slideshow. Once finished with the worksheets, email them to your advisor. Find advisor information later in these slides.*



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman  
College of Public Health

# Watch the 4-minute WHPP video

[https://www.youtube.com/watch?v=iUax\\_UYHsEI&t=1s](https://www.youtube.com/watch?v=iUax_UYHsEI&t=1s)

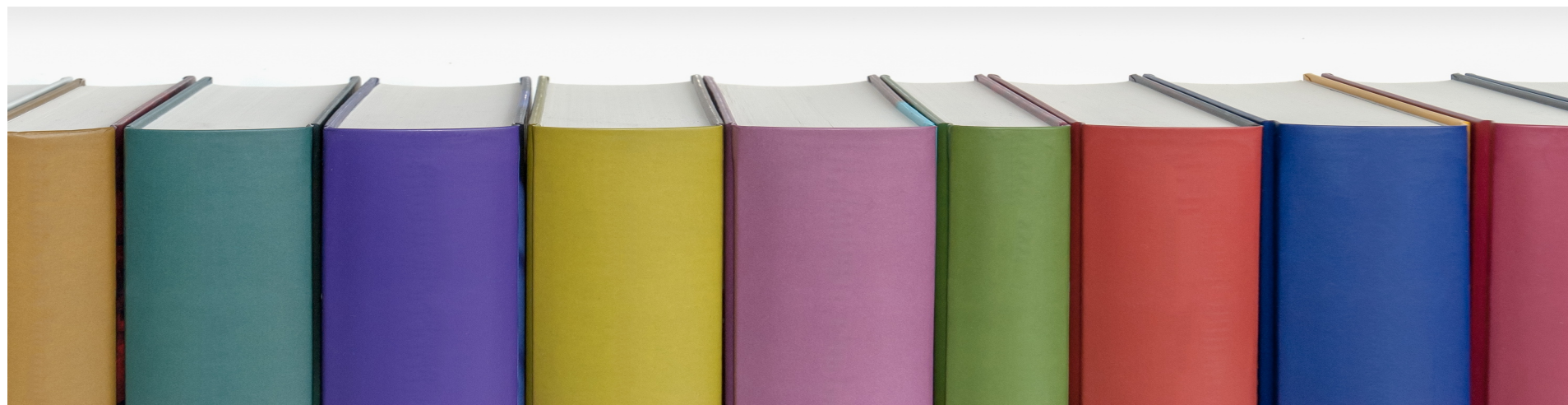




THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman  
College of Public Health

# Advising and Academic Resources





# Advisors

## Search by your last name

### Main campus (in-person):

- Last names A-G: **Mariah Albertie**  
([malbertie@arizona.edu](mailto:malbertie@arizona.edu))
- Last names H-O: **Elsa Loya**  
([eloyal@arizona.edu](mailto:eloyal@arizona.edu))
- Last names P-Z: **Anais Garcia**  
([agarcia3@arizona.edu](mailto:agarcia3@arizona.edu))

### Online campus:

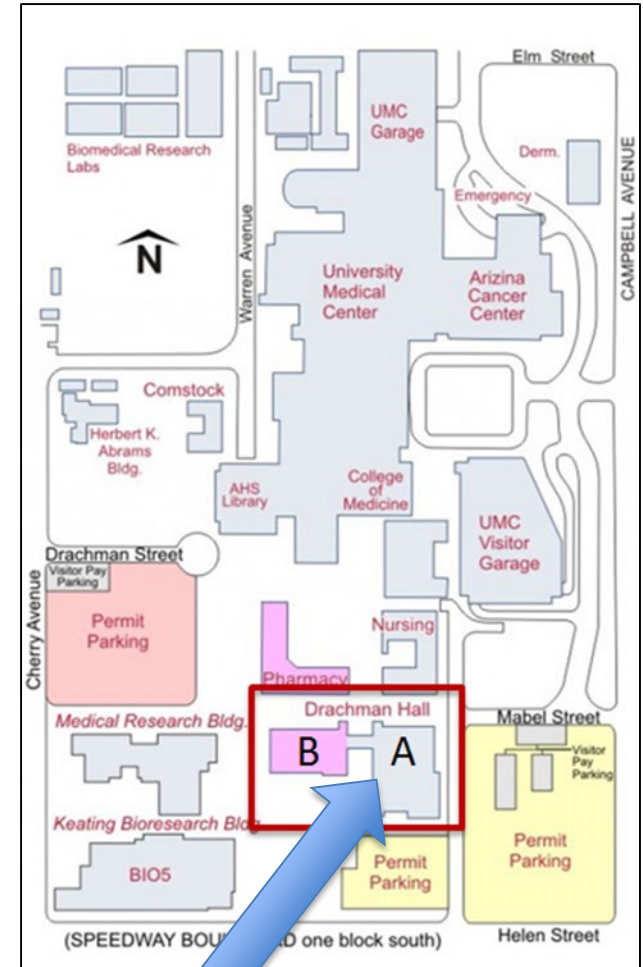
- All last names: Abba Kris Maria Versace ([abba@arizona.edu](mailto:abba@arizona.edu))





# Contact your advisor

- Email questions
- Allow 24-48 hours for a response!
- Fastest availability is through Zoom
- In-person meetings available upon request







# How to meet with an advisor...

Public Health advisors meet with students via drop-in quick advising hours and by appointment.

## Drop-In Quick Advising (Virtual):

- Available times found on Trellis Advise
  - Virtual Zoom link can also be found in Trellis
- Meet with the public health advisor taking drop-ins during the time frame available
- Drop-in advising sessions are 15 minutes long

## Advising Appointments (virtual):

- Available times found on Trellis Advise
- Meet with your assigned advisor based on last name and campus
- Appointments are usually 30 minutes long

The screenshot shows a user profile for an Academic Advisor II. The profile includes a name, title, email address, and phone number. A notice states: "Notice: I'll be out of the office from June 20 to July 5. There will be no availability on my calendar for these days." Below the profile is a "Time Zone" dropdown set to "(GMT-07:00) Mountain Standard Time (America/Phoenix)". The "AVAILABILITY" section shows a calendar for June 15-19, 2020. The calendar has columns for Monday (6/15), Tuesday (6/16), Wednesday (6/17), Thursday (6/18), and Friday (6/19). The rows represent time slots from 9am to 12pm. Availability is color-coded: blue for appointments, orange for drop-ins, and grey for busy times. On Wednesday, 6/17, there are several 15-minute appointment slots (9:00-9:15am, 9:15-9:30am, 9:30-9:45am, 9:45-10:00am, 10:00-10:15am, 10:15-10:30am) and a 30-minute appointment slot (11:00-11:15am). On Thursday, 6/18, there is a 30-minute drop-in slot (9:30-12:30pm) and a 30-minute appointment slot (12:00-12:15pm). On Friday, 6/19, there are 15-minute appointment slots (9:00-9:15am, 9:15-9:30am, 9:30-9:45am, 10:00-10:15am, 10:15-10:30am) and a 30-minute busy slot (11:00-12:30pm).



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman  
College of Public Health

# Advanced Standing

To complete practicum and internship requirements,  
students apply for Advanced Standing



# Advanced Standing in WHPP

You are eligible to apply for advanced standing when you:

- Have a 2.0 UArizona cumulative GPA
- Completed foundation, major core courses, and major required courses
- We recommend applying when you have four semesters left to finish your degree.
- Talk to your advisor for more info.



*There is a differential tuition charge per credit once you are in Advanced Standing.*



# DEGREE REQUIREMENTS

120 units minimum to graduate

Gen Ed &  
Foundations

Major  
Required  
Courses

Wellness and Health  
Promotion Practice Courses  
(Need grade C or higher)

General  
Electives

Major  
Core  
Courses

Elective  
Track

Applied  
Practice

Practicum

Internship

- Must have advanced standing to complete practicum and internship



# Elective Tracks

Track Options:	Students learn about:
<b>Aging and Population Health</b>	How to meet the needs of our aging society through a public health lens, long-term care management, wellbeing later in life, and gerontology.
<b>Health and Wellness</b>	Mindfulness practice, health coaching, public health nutrition, and population-level health challenges.
<b>Health Education**</b>	Principles of health education and health promotion, how to design and support programs that tackle health problems such as addiction, domestic violence, and behavioral issues through educational promotion and intervention

- The BAWHPP is customizable through the practicum, applied practice, and elective track requirements
- \*\*The Health Education elective track prepares students for the Certified Health Education Specialist (CHES) exam offered through the National Commission for Health Education Credentialing, <https://www.nche.org/ches>.



# FIELD-BASED EXPERIENTIAL LEARNING

Our experiential learning model combines classroom study with practical, hands-on experience, providing students the opportunity to put knowledge and skills into practice and gain the competitive edge they need to advance their career.

**Practicum** (6 units) intended to spread over one year during junior year. Faculty supervised.

**Internship** (3 units) intended to cover one semester during senior year. Preceptor supervised.



# Real-world experience

- We hear from MEZCOPH alumni that the internship was one of the most rewarding and valuable components of their undergraduate experience.
- This is a chance for you to gain professional public health experience, start networking, and determine post-graduation plans.
- **Start talking to your advisor early and often about your interests and career goals. We can help you strategize and plan for a productive internship search and experience.**



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman  
College of Public Health

## Don't forget...



Complete the Information Session Worksheet



Complete the Advising Worksheet



Email your completed Info Session Worksheet and Advising Worksheet to your assigned advisor.



Wait 3-5 business days to receive an email confirming pre-public health has been declared