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

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.
Watch the 4-minute WHPP video

https://www.youtube.com/watch?v=iUax_UYHsE1&t=1s
Advising and Academic Resources
Advisors

Search by your last name

Main campus (in-person):

- Last names A-G: Mariah Albertie (malbertie@arizona.edu)
- Last names H-O: Elsa Loya (eloya1@arizona.edu)
- Last names P-Z: Anais Garcia (agarcia3@arizona.edu)

Online campus:

- All last names: Abba Kris Maria Versace (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
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.
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

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](https://www.nche.org/ches).**

<table>
<thead>
<tr>
<th>Track Options:</th>
<th>Students learn about:</th>
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<tr>
<td>Aging and Population Health</td>
<td>How to meet the needs of our aging society through a public health lens, long-term care management, wellbeing later in life, and gerontology.</td>
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<tr>
<td>Health and Wellness</td>
<td>Mindfulness practice, health coaching, public health nutrition, and population-level health challenges.</td>
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<tr>
<td>Health Education**</td>
<td>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</td>
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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.**
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.