



HEALTH STUDIES

POSSIBLE MODULES

- Health Science
- Health and Aging
- Health Promotion
- Health Sciences with Biology
- Rehabilitation Sciences

Combined Degrees

- HBA (Ivey Business School)

Develop an appreciation for the world's emerging health issues and be inspired to think globally and strategically to create innovative solutions while completing your Health Science degree.

Examine health through a variety of lenses to gain an appreciation for how social, political, economic and environmental factors impact people across the lifespan in all corners of the world.

BUILDING YOUR EXPERIENCE



Check the [Academic Calendar](#) and review your module requirements



Discuss your progression and future goals with an [Academic Advisor](#)



Talk to a [Career Educator](#) about your steps after Western in terms of further education, career goals, certifications, and more.



Get the experience you need through opportunities at Western using Mustang Maps and the [Experience Catalogue!](#)

ABOUT THIS MAP

This map can be used to plan your journey through your undergraduate degree. You can create your own custom map at mustangmaps.uwo.ca.

HEALTH STUDIES

PROFESSIONAL COMPETENCIES

Engage in these opportunities to build competencies for your future, including:

FIRST YEAR

MIDDLE YEARS

FINAL YEAR

FUTURE-FOCUSED PLANNER

- Look into [Health Studies](#) scholarships and awards
- Find a [summer or part-time job](#) and update your [resume](#)
- Check out Volunteer or [Leadership Fairs](#)
- Explore the many [opportunities](#) with Western Sport & Recreation

- Talk to a [Career Educator](#) about putting your degree into practice
- Access [Career Fundamentals online modules](#)
- Look into [job opportunities, graduate school](#) or other [further education](#)
- Apply to the [Financial Assistance Profile](#) for Western bursaries and Work Study opportunities

- Attend the School of Health Studies' final year tutorials to prepare for the transition to life after undergrad
- Update your [LinkedIn](#) profile and connect with employers through [information sessions](#) and [Career Fairs](#)
- Attend [MMI Prep Workshops](#)
- Apply to [graduate school](#)

CRITICAL THINKER

- Explore [Western's libraries](#) resources
- Visit the [PAL Centre](#) for help with course work
- Explore future [research opportunities](#) with faculty members. Consider doing them [abroad](#)
- Learn about entrepreneurship through campus [clubs](#)

- Apply for a [Practicum or Independent Study](#) for your final year
- Look for research opportunities and apply for an [undergraduate student research award](#)
- Enter the [HSSA Health Care Challenge](#)
- Attend the [HSSA Speaker Series](#)
- Apply for funding for conferences through the [Student Opportunity Fund](#)

- Get published in the [Western Undergraduate Research Journal](#)
- Compete in the [Industry Problem Solving Week](#)
- Submit your coursework for an [Undergraduate Award](#)
- Visit [Propel](#) for access to entrepreneurship resources and mentorship

ADAPTABLE PROBLEM SOLVER

- Sign up for a [LAMP](#) mentor
- Expand your understanding of mental health issues through [online learning modules](#)
- Learn more about mental health resources through the [Wellness Education Centre](#)
- Learn how to communicate better at the [Writing Support Centre](#)

- Get support from the [Peer Support Centre](#)
- Develop academic skills at the [Writing Support Centre](#) or [Learning Development & Success](#)
- Check out [drop-in recreation or intramural opportunities](#)

- Get involved with [Active Minds Western](#)
- Drop in to a [Laura Evans Wellness Workshop](#)
- Explore [Group Care and Workshops](#)
- Check out [FRESH](#) online nutrition resources

GLOBAL LEARNER

- Check out [International Week](#) events
- Participate in a [summer program abroad](#)
- Explore [scholarships and funding](#) for international opportunities
- Engage with a [club](#) focused on cultural and international interests

- Go on [exchange](#) or [study abroad](#) in year 3. [Research](#) in Year 2
- Consider [faculty-led study abroad](#) opportunities like [Aging Globally: Lessons from Scandinavia](#)
- Volunteer with the [International & Exchange Student Centre](#)
- For more opportunities, [click here](#)

- Be an [International Learning Ambassador](#)
- Participate in the [World's Challenge Challenge](#)
- Submit your [Global and Intercultural Engagement Honour](#) requirements
- Research opportunities with the [WHO](#) or the [UN](#)

GLOBAL AND INTERCULTURAL ENGAGEMENT HONOUR (GIEH)

COMMUNITY BUILDER

- Attend [Indigenous Awareness Week](#)
- Join a [USC Club](#), take on a role in the [Health Studies Students' Association \(HSSA\)](#), and/or the [Faculty of Health Sciences Students' Council \(FHSSC\)](#)
- Get involved with [Learning it Together](#)
- Become a [Western Peer Leader](#)

- Volunteer with a health-oriented organization in London
- Look into [Impact Experience](#) opportunities
- Be an [Academic and Leadership Programmer](#) in residence
- Be a [Mustang fan](#) at the many free sporting events

- Support the Make-a-Wish Foundation by joining the [FHSSC Dream Team](#)
- Be a part of the [Exercise is Medicine® Canada \(EIMC\)](#) chapter on campus

INNOVATIVE LEADER

- Attend workshops as part of the [Learn to Lead Program](#)
- Apply to be a [residence](#) or [orientation student leader](#)
- Explore [leadership and work opportunities](#) with the USC

- Make a difference with [Friends of Doctors Without Borders \(MSF\)](#)
- Attend the [Learn to Lead Summit](#)
- Get [safeTALK](#) and/or [ASIST](#) trained
- Be a peer mentor through the [Leadership and Academic Mentorship Program](#)

- Become a tutor at the [PAL Center](#)
- Consider becoming a [Peer Writing Advisor](#)
- Finish your requirements for the [Learn to Lead Leadership Certificates](#)

PREPARE FOR YOUR FINAL YEAR PRACTICUM

- **Goal-orientation**
- **Motivation**
- **Organization**
- **Self-direction**

- **Curiosity**
- **Engagement**
- **Reflection**

- **Hopefulness**
- **Self-confidence**
- **Resourcefulness**
- **Creativity**

- **Equity**
- **Global awareness**
- **Social responsibility**

- **Authenticity**
- **Empathy**
- **Collaboration**
- **Self-awareness**

- **Integrity**
- **Judgement**
- **Intercultural communication**



PLACES TO CONNECT

- Academic Support & Engagement
- Careers & Experience
- Indigenous Student Centre
- Propel Entrepreneurship
- Sport & Recreation
- University Students' Council
- Western International
- Wellness & Well-being
- Western Libraries

Remember, these maps are intended to outline experiences that you could do. They are meant to help you find ways to enrich and personalize your Western experience. You should explore the maps based on your goals and interests, while keeping in mind your own capacity and personal boundaries.



WESTERN'S THRIVING CAMPUS

We want you to thrive throughout your time here at Western. We aim to make every student feel they have a community in which they can discover their interests, and engage with new ideas and people.

Helping you engage in your learning through practical experiences is just a fraction of what we offer; we have a wide breadth of services designed to help you address the challenges you might face along the way, including academic and career advice, and mental health resources.



TRACKING YOUR EXPERIENCE

Exploring opportunities to enhance your learning doesn't end with Mustang Maps. As you participate in co-curricular experiences, consider these tools to track your engagement and articulate your transferrable skills:

Western's Co-Curricular Record helps you showcase your experiences outside of the classroom to potential employers and graduate schools.

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