



## GRADUATE PROFILE

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*BHSc Public health 2015*

Following my undergrad in public health (PH) at the University of Lethbridge, I spent a year working as a research assistant. I began a Master of Science in Environmental Health at the School of Public Health, University of Alberta in 2016. My thesis project is *'assessing the sustainability of a gravity-based water system in rural Haiti'* with an organization that was introduced to me during my undergrad. **I care deeply about public health but am most passionate about access to clean water.** Without access to clean water, health, productivity, and economy can't be sustained in communities. In addition to graduate school, I am currently employed as a youth worker and volunteer with an organization that supplies harm reduction supplies for sex workers in Edmonton.

My undergraduate degree offered me extensive exposure to the various streams of PH. This broad understanding has contributed greatly to my current research, work, and volunteer involvement. **Entering my master's degree with a foundational understanding of public health aided me in my graduate coursework, allowing me to engage in deeper level discussions in classes and with my professors.** I chose to pursue a Master of Science (MSc) rather than a Master of Public Health (MPH) partially because the practicum experience in undergrad was similar to what it is required for MPH students. **This is a testimony to how rare and valuable the PH program is at ULeth.**

As advice to current and prospective students, I would say that in PH the possibilities are endless. **Everything intersects with public health. It doesn't matter if you're interested in mathematics, geography, counselling, or biology...public health uses it all in pursuit of helping others.** Embrace how interdisciplinary PH is. I believe an effective PH professional is someone who can appreciate the value of other disciplines and effectively network with them. So, say 'YES' - not at the expense of your mental health or the quality of your work - but take as many opportunities as you can. **We have the beautiful, and sometimes daunting, opportunity to push boundaries of ignorance - we must work together.**