



GRADUATE PROFILE

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BHSc Public Health 2015

After completing my undergrad in Public Health at the University of Lethbridge, I went on to complete a Master of Science in Sustainable Energy Development at the University of Calgary. My interest in environmental sustainability and its connection to society and health led me to a capstone project where I researched the Role of Social Sustainability in Canadian Environmental Assessment Processes. This project gave me the opportunity to utilize the multidisciplinary skills I gained in my public health undergraduate degree in order to create new boundaries for social sustainability within environmental assessment.

While pursuing a public health degree, I gained the skills and practice to look at all problems through a multidimensional lens. Issues faced by society – may it be on a health or community or policy level – each have layers upon layers that contribute to the issue. This helped me in an unprecedented way through my master's program, as I was able to view environmental and/or energy related concepts through a lens that also recognized how it affected all aspects at a societal and social level down to individual and acute health.

I am definitely most passionate about how prominent, yet undermined public health is in our current society. Public health is embedded so deep within our society and is a vital part of keeping ourselves, our families, and our communities safe and healthy. **Public health is everything and everywhere, and its significance to our well-being still amazes me.**

My main piece of advice to any new students pursuing public health would be to not give up on an interest because you feel it might not relate. Public health can be applied to the medical field, the environmental and energy sector, the food sector, and has a significant role in high level policy. Do not steer clear of your passion based on a title of a program! **The public health undergraduate program is a one of a kind program that taught me transferrable skills that follow me to this day.**