



MEGAN

PUBLIC HEALTH

ABOUT MY MAJOR

Public Health is working behind the scenes to make sure people stay healthy. If public health is working, it means no one knows that we're here. I love that about the major, because it's working behind the scenes to keep illness away and keeping people healthy. It can be epidemiologists or tracking illnesses. It can be preventing illnesses by going into restaurants and doing food inspections. It can be the holistic side of health, which is what I'm doing, trying to approach keeping people healthy holistically and naturally.

CHOOSING MY MAJOR

I wasn't sure what I wanted to do once I got my Associate's degree at Hawkeye. My advisor told me about a new program called Public Health and told me to try it out since I wanted to go into health but wasn't sure which area.

I grew up in a holistic household, so everything had to be natural, no preservatives, only organic food, holistic remedies. All of that. And I never knew that I wanted to go into that until I started eating foods with preservatives, which is only since my freshman year of college, and that was really eye opening to me. I really wanted to go into that, and public health was really a nice segue. So pretty much my upbringing and my childhood helped me find what I wanted to do.

MINORS & CERTIFICATES

I have a certificate in Women's Health. I'm really glad I did that because I didn't realize I had this passion for women's health and the certificate helped bring that to light. Psychology is a good minor that can help you find out the motivation or the thoughts behind the behaviors, which is how you can help clients in whatever program you're pursuing in public health. There is a Corporate Fitness certificate too - that's a big one.

HANDS-ON EXPERIENCE

I got to work closely with two professors and help with events. Farm to School was one of the big events we implemented. Since COVID happened, I virtually talked to schools and kids and taught them about local produce. That event ended up winning an award, so I was asked to attend an award ceremony virtually and collect the award. That was really cool! I also worked behind the scenes to help build up to that event. I learned that actually going out and doing things in the community will really help me in the long run.

CAREERS

I'm actually at my dream job right now. I work at a holistic clinic in Cedar Falls as their holistic health educator. I love the position, but I'd also like to do health coaching along with it. I educate clients on our services. I assess symptoms and pair our services with what they're experiencing. So I work with clients really closely. I also run some of the services, like the flotation tanks and what the effects of that are on us. I also connect with different businesses in the Cedar Valley to do partnerships with them at different events. I also work behind the scenes to create blog posts and educational videos that go with our services.

Other areas people go into are personal training, which believe it or not is public health. It's helping people get healthy through fitness, and so that is one of the jobs. There is a business aspect of it too. Working behind the scenes but at a management level is what many people are looking into. Health coaching is also an option. I do know two people that are going into law with their degrees as well.