

# CUGH Recommendations for Advising Global Health Students

## What is Global Health?

*What is global health?  
What jobs are available in global health?*

Understand global health as a multidisciplinary, interprofessional, and multisectoral field with many areas of study and practice that seek to improve the wellbeing of people and the planet.

*Starting points...*

- Learn about trends in the field through reading and active participation in global health organizations
- Explore how different professional fields define global health

## Discover Pathways

*Which aspects of global health fit with personal values, interests, goals, strengths, and skills?*

Identify several areas of interest within global health, then explore the academic and professional pathways that align with personal visions and aspirations.

*Starting points...*

- Reflect on core values
- Articulate passions and interests
- Complete a personal interest inventory and skills assessments

## First Steps

*What classes should be taken?  
What applied learning should be done?*

Enroll in courses and participate in experiential learning activities that provide a theoretical and applied foundation for future global health work.

*Starting points...*

- Design a plan of study that aligns with the CUGH Student Learning Objectives
- Apply for internships, study abroad, and service opportunities
- Prepare for advanced study or training

## Next Steps

*What training is needed?  
Where can mentorship be found?*

Identify how one's goals and skills align with global health needs, then begin networking with potential mentors who can guide professional development.

*Starting points...*

- Review the CUGH Interprofessional Competencies in Global Health
- Use campus resources (such as career services, civic engagement offices, and academic advisors) to identify professional development opportunities