# CUGH Recommendations for Advising Global Health Students

<table>
<thead>
<tr>
<th>What is Global Health?</th>
<th>Discover Pathways</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is global health?</strong>&lt;br&gt;What jobs are available in global health?</td>
<td><strong>Which aspects of global health fit with personal values, interests, goals, strengths, and skills?</strong></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>First Steps</th>
<th>Next Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What classes should be taken?</strong>&lt;br&gt;What applied learning should be done?</td>
<td><strong>What training is needed?</strong>&lt;br&gt;Where can mentorship be found?</td>
</tr>
</tbody>
</table>

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

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

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