

## Sample Schedule: MPH with Mindfulness Concentration

### Key

MPH Non-credit Bearing Requirements

MPH Core Courses (5)

Mindfulness Concentration Course (5)

MPH Electives (3)

**Total = 13 Course Credits (12 standard courses and 2 half credit courses)**

### Year 1

*Fall (3 courses)*

PHP1001 Foundations in Public Health

CITI Training

IRB Basics

Core Advisor Small Group Sessions

PHP2120 Introduction to Methods in Epidemiologic Research (1) OR PHP2150 Foundations in Epidemiologic Research Methods (1)

PHP2507 Biostatistics & Applied Data Analysis I (1) OR PHP2510 Principles of Biostatistics and Data Analysis (1)

PHP1880 Meditation, Mindfulness and Health (1)

*Spring (3.5 courses)*

Core Advisor Small Group Sessions

PHP2071 Applied Public Health: Systems and Practice (1/2)

PHP2508 Biostatistics & Applied Data Analysis II (1) OR PHP2511 Applied Regression Analysis (1)

PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)

PHP1885 Measuring Mindfulness (1) OR PHP1895 Mindfulness Epidemiology (1)

*Summer*

MPH Applied Public Health Experience (assignments due in PHP2072)

MPH thesis work

### Year 2

*Fall (3.5 courses)*

PHP2072 Applied Public Health: Policy, Leadership and Communication (1/2)

PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)

Select from Mindfulness Concentration Sciences Courses (1) OR Applied Research Methods Courses (1)\*

*Spring (3 courses)*

PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)

PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1) OR Select from Mindfulness Concentration Sciences Courses (1) OR Applied Research Methods Courses (1)

PHP1885 Measuring Mindfulness (1) OR PHP1895 Mindfulness Epidemiology (1)

Submit MPH Thesis

\*The Mindfulness Concentration requires **one** Sciences course and **one** Applied Research Methods course.