



When I first transferred into CSUCI, I thought that being in the Health Science program was a “rebound” major for not being in the nursing program, but after being a Health Science major for over a year and after a variety of classes, I realized that this program is more than just a ‘backup”. As a Health Science major, I am able to take a deep-dive into what it takes to be a part of public health and the huge impact it leaves in the community it serves. Learning about our community and what the needs are when it comes to disparities within populations is a large part of medicine that no one speaks about. Going into a career geared towards medicine, I feel that Health Science is such a vital part of how I view health and healthcare. I am now able to view health with perspective rather than health only in a biological sense. As important as it is to be knowledgeable within the medical side of health, understanding the communities we serve and how we can better serve them is something that I would have never learned unless I was in this program. I think that Health Science is a program that all future medical professionals should be aware of and should utilize to their advantage, because the patients they are serving come from these populations we learn about as a Health Science major. Throughout my time as a Health Science major, I have learned many aspects of community health that I was unaware of prior to being in this program and now it has shaped my personal views of what type of physician I see myself being in the future. I am more than honored to be a part of a program that takes the effort to learn about the populations that they are serving and to be a part of a program that embeds to their students the importance of understanding the different communities we serve within health care.

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