Sample Schedule: MPH with Mindfulness Concentration Qualitative Analytic Sequence w/Fall Epi

KEY
MPH Non-credit Bearing Requirements
MPH Core Courses (5)
Mindfulness Concentration Course (5)
MPH Electives (2)
Total = 12 Course Credits (11 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)
- PHP2506 Biostatistics for Public Health Research (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)
- PHP2060 Qualitative Methods in Health Research (1)
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)
- PHP1885 Measuring Mindfulness (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) *
- PHP2061 Qualitative Data Analysis in Public Health Research (1) **

Spring (2 courses)
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)
- PHP1895 Mindfulness Epidemiology (1)
Submit MPH Thesis

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

**Students taking the qualitative analytic sequence must take PHP2061 Qualitative Analysis in Public Health Research to fulfill the Mindfulness Applied Research Methods course.
Sample Schedule: MPH with Mindfulness Concentration Qualitative Analytic Sequence w/Spring Epi

KEY
MPH Non-credit Bearing Requirements
MPH Core Courses (5)
Mindfulness Concentration Course (5)
MPH Electives (2)
Total = 12 Course Credits (11 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
- PHP2506 Biostatistics for Public Health Research (1)
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (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)
- PHP2120 Introduction to Methods in Epidemiologic Research (1) NB PHP2150 is not offered in spring
- PHP2060 Qualitative Methods in Health Research (1)
- PHP1885 Measuring Mindfulness (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) *
- PHP2061 Qualitative Data Analysis in Public Health Research (1) **

Spring (2 courses)
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)
- PHP1895 Mindfulness Epidemiology (1)
Submit MPH Thesis

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

**Students taking the qualitative analytic sequence must take PHP2061 Qualitative Analysis in Public Health Research to fulfill the Mindfulness Applied Research Methods course.
Sample Schedule: MPH with Mindfulness Concentration Quantitative Analytic Sequence w/Fall Epi

**KEY**
MPH Non-credit Bearing Requirements
MPH Core Courses (5)
Mindfulness Concentration Course (5)
MPH Electives (2)
Total = 12 Course Credits (11 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)

*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) *
- Select from Mindfulness Concentration Applied Research Methods Courses (1)*

*Spring (2 courses)*
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)
- PHP1895 Mindfulness Epidemiology (1)
Submit MPH Thesis

*The Mindfulness Concentration requires one Sciences course and one Applied Research Methods course.*
Sample Schedule: MPH with Mindfulness Concentration
Quantitative Analytic Sequence w/Spring Epi

**KEY**
MPH Non-credit Bearing Requirements
MPH Core Courses (5)
Mindfulness Concentration Course (5)
MPH Electives (2)
Total = 12 Course Credits (11 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
- PHP2507 Biostatistics & Applied Data Analysis I (1) OR PHP2510 Principles of Biostatistics and Data Analysis (1)
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (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)
- PHP2120 Introduction to Methods in Epidemiologic Research (1) NB PHP2150 is not offered in spring
- PHP2508 Biostatistics & Applied Data Analysis II (1) OR PHP2511 Applied Regression Analysis (1)
- PHP1885 Measuring Mindfulness (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) *
- Select from Mindfulness Concentration Applied Research Methods Courses (1)*

*Spring (2 courses)*
- PHP2355 Designing and Evaluating Public Health Interventions (1) OR MPH Elective (1)
- PHP1895 Mindfulness Epidemiology (1)
- Submit MPH Thesis

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