

What can I do with a degree in Health Sciences?

Health Sciences.



Career planning: what do I need to know?

Knowledge of yourself is important for career decision making. Start by looking at your personal goals, abilities, values and interests to explore study and career options that are relevant to you. Some of these may change over time, so it is important to self-reflect and evaluate your career on an ongoing basis.

What do employers look for?

Many employers look for generic skills such as communication, customer-focus, bicultural competence, cultural awareness and teamwork. With technology and globalisation changing the nature of society, skills such as resilience, problem solving and adaptability are valuable at work as well as in life.

How can I develop these skills?

- Some skills are developed through your degree

- Extra-curricular activities can help, for example getting involved in clubs, mentoring, cultural groups, part-time work or volunteering
- Be open to professional and personal development opportunities. Whether it is undertaking an internship, overseas exchange, skills seminar, or joining an industry group — these activities will enhance your employability.

What else should I know?

The career options in this brochure are examples only and the list is not exhaustive. Some careers may require further study beyond a first degree or additional work experience. Some pathways and degrees have a recommended school background.

Find more subject details at

📄 www.canterbury.ac.nz/education-and-health

If this brochure does not answer your questions, talking to an expert such as a career consultant can help you to identify the next steps in your career decision making journey.

📄 www.canterbury.ac.nz/careers

What is Health Sciences?

Healthcare today is increasingly focused on population wellness, disease prevention, and delivering health services in the community.

The non-clinical, multidisciplinary Bachelor of Health Sciences (BHSc) programme covers important topics such as mental health and wellbeing, sexual health promotion, environmental health, communicable and non-communicable diseases, Māori and indigenous people's health, health through the life-span, and evidence-based policy and decision-making.

Health Science graduates are passionate about getting involved in their communities where they can apply their knowledge and skills in practical ways.



AT A GLANCE

1 in 4

adults in Aotearoa New Zealand experience 'poor' mental wellbeing when measured on the World Health Organization's WHO-5 scale*

3rd

goal of United Nations Sustainable Development Goals, is to ensure healthy lives and promote well being at all ages

30.8%

of New Zealand adults had an unmet health need due to barriers to accessing health care**

What skills have UC graduates gained?

Through their Health Sciences degree, graduates develop a valuable set of skills that are transferable to a range of careers. These skills include:

- Multidisciplinary understanding and perspectives of health
- Knowledge of healthcare and related services
- Understanding of the ethical, social, cultural and political determinants of health
- Interpretive and analytical thinking
- Problem solving
- Indigenous and cross-cultural awareness
- Ability to work in inter-professional teams
- Oral and written communication.

Opportunities to apply your learning outside the classroom are available in this major, through internships, community-based research, and applied projects such as designing health promotion programs, writing policy submissions and analysing health data. These experiences deepen your skillset, awareness of others, working knowledge, and employability.

Where have UC graduates been employed?

Health Sciences graduates are employed in a wide variety of sectors. Depending on your major/s, you may go on to work in:

- Environmental health eg, health laboratories, research centres, local government, businesses, District Health Boards
- Health education eg, drug and alcohol agencies, non-governmental organisations like Family Planning, the Mental Health Foundation and the Cancer Society, professional guilds/associations, and teaching Health in schools
- Māori and indigenous health eg, Iwi community-based health and development organisations, District Health Boards and local government
- Psychology eg, District Health Boards, the Ministry of Health, professional associations, the Department of Corrections, social service and social welfare agencies, hospitals, and charities like the Salvation Army
- Public health and social policy eg, District Health Boards, Primary Care Organisations, Public Health Units, Māori health organisations, Ministry of Health, ACC, research centres, local government, and non-governmental organisations like Youthlink.

* Tauranga Aotearoa StatsNZ's 2018 Wellbeing Statistics

** Manatū Hauora Ministry of Health's 2019/20 New Zealand Health Survey

What jobs and activities do graduates do?

Graduates with this degree are employed in a range of jobs — see some examples below.

Note: Some of the jobs listed may require postgraduate study. See the 'Further study' section.

Health promoter

- Identifies health concerns and needs for a range of groups eg, healthy lifestyles
- Develops strategies to motivate and help people manage their health
- Assists government and organisations to improve unhealthy conditions

Community developer

- Recognises problems and concerns within communities eg, mental health
- Raises awareness of local issues
- Develops programmes to address issues

Programme coordinator / facilitator

- Conducts research and plans programmes
- Assists in the implementation of programmes
- Evaluates programmes and developments

Policy analyst / advisor

- Identifies and investigates issues and opportunities eg, in public health
- Interprets existing policies and advises leaders
- Prepares reports and recommendations for policy development

Operations coordinator, service manager

- Coordinates staff resources eg, rosters and holiday cover for health personnel
- Handles queries and liaises with stakeholders
- Administration tasks in a clinical or service environment

Case worker

- Provides support and guidance to young people, individuals and whānau
- Builds relationships and links people to resources, services, groups and events
- Writes reports and coordinates budgets

Environmental health officer

- Evaluates the effects of environmental hazards on a population's health eg, pollution
- Grants licences, writes reports and ensures compliance with regulations
- Raises awareness about health matters

Child and family psychologist

- Works with the complexities of children, adolescents, families, school systems, mental health systems and welfare systems
- Provides assessment and interventions

Entrepreneur and self-employment

Entrepreneurship and innovation are an increasing part of the working landscape. Through generating a business idea, or getting involved in a start-up/business venture, you have the potential to create a work opportunity that aligns with your knowledge, skills, values and risk profile. To get started on how to establish, run and grow a new business, go to Te Pokapū Rakahinonga, Centre for Entrepreneurship at the University of Canterbury
www.canterbury.ac.nz/uce

What professional organisations can I engage with?

Connecting with professional bodies and organisations can help you to establish professional networks and learn more about

different career options in your area of interest. Gaining valuable insight into a profession can assist in making informed career decisions.

- New Zealand Institute of Health Management
www.nzihm.org.nz
- Public Health Association of New Zealand Inc
www.pha.org.nz
- Rōpū Mātai Hinengaro o Aotearoa New Zealand Psychological Society
www.psychology.org.nz

Having a professional presence on social media networks such as www.linkedin.com and Facebook can help you to keep up to date with important industry developments and trends, networking opportunities, events and job vacancies. Following relevant professional bodies, organisations, companies and thought leaders is a great way to gain a deeper awareness of the industries that interest you. Social media presents an opportunity to build and enhance networks as well as to display your involvement in projects and any academic successes.

Why do further study and what are my options?

Postgraduate study can facilitate career benefits such as specialist skills, entry into a specific occupation, higher starting salary, faster progression rate, and advanced research capability. It is important to determine which, if any, further study will help you in your future career.

UC offers postgraduate study options in cognitive behaviour therapy, science, professional practice, public health and Nursing. With the right prerequisites graduates can specialise in Child and Family Psychology, Clinical Psychology, or Counselling. Graduates of the Bachelor of Health Sciences can study at either graduate or postgraduate level to become a teacher.
www.canterbury.ac.nz/courses



Useful links

Te Rōpū Rapuara UC Careers
www.canterbury.ac.nz/careers

Careers New Zealand
www.careers.govt.nz

Runanga Whakapiki Ake i te Hauora o Aotearoa Health Promotion Forum of New Zealand
www.hauora.co.nz

Te Rau Matatini
www.teraumatatini.com

Waka Toa Ora
www.healthychristchurch.org.nz

Victoria



Bachelor of Health Sciences in Public Health
Policy Analyst, Manatū Ahu Matua |
Ministry for Primary Industries

How did you end up studying Health Sciences?

I wanted to work in healthcare but not in a clinical way. I was studying a health paper at UC and I really enjoyed learning about the many issues in the field of health, and how we should be addressing them, so I switched to the BHSc.

What career opportunities does the degree open up?

There are many different paths that you can go down, and the good thing about the BHSc at UC is that it has a wide variety of courses, which allows you to keep your options open and learn about lots of different areas.

What did you enjoy about your studies?

It encourages you to think critically about what is being said. I enjoyed that there is a lot of thought involved, and after each lecture you went away thinking "Wow, that was so interesting!"

The lecturers are incredibly helpful, and more than happy to talk after class about any further questions that you may have. The lecturers are one of the things that made the degree so enjoyable.

How has your degree helped you in your current role?

My degree has helped me facilitate essential skills in terms of time management needed for the high-paced role, as well as reading and processing information.

Read more online

Read more stories about our students' university experiences online. UC alumni make a difference in varied ways around the globe. To find out where graduates are now visit www.canterbury.ac.nz/getstarted/whyuc/student-profiles

The information in this brochure was correct at the time of print but is subject to change.

More information

UC students seeking study advice.

Te Kura Mātai Hauora | School of Health Sciences

The School is committed to making a significant contribution towards improving health outcomes and making meaningful change in people's lives locally, nationally, and internationally. The School is home to passionate researchers who are leaders in their field and are responsive to emerging research and community changes and challenges.

T: +64 3 369 3333

E: education@canterbury.ac.nz

www.canterbury.ac.nz/health

Anyone seeking careers advice.

Te Rōpū Rapuara | UC Careers

UC offers intending and current students and recent graduates a wide range of services, including individual career guidance, seminars, career resources and student and graduate employment opportunities.

T: +64 3 369 0303

E: careers@canterbury.ac.nz

www.canterbury.ac.nz/careers

Prospective students seeking study advice.

Te Rōpū Takawaenga | Student Liaison

The liaison team provide advice to future students who are starting their degree for the first time. They can assist with information on degrees, scholarships, accommodation, and other aspects of university life. We have offices in Christchurch, Auckland and Wellington.

Ōtautahi | Christchurch

T: 0800 VARSITY (0800 827 748)

E: liaison@canterbury.ac.nz

Tāmaki Makaurau | Auckland

T: 0800 UCAUCK

E: auckland@canterbury.ac.nz

Te Whanganui-a-Tara | Wellington

T: 0800 VARSITY (0800 827 748)

E: wellington@canterbury.ac.nz

www.canterbury.ac.nz/liaison

