

Audrey Helmreich

– 2024 | Biology Major, Anthropology Minor –

Public Health Pathway

Why I Joined the Public Health Pathway

I joined the pathway my sophomore year because of a sudden realization I had. I always knew that I was too squeamish for medical school and had recently realized that genetic counseling, a field I thought I wanted to go into for awhile, wasn't for me. I had a crisis of sorts about my future. Then I saw that Wooster had created this pathway, and it's like a lightbulb turned on in my brain to illuminate a new career path.

Public health, an area of study I had never put much thought in, might be for me. It's a broad field with many opportunities that allows one to help people without a medical degree. Sounds perfect. And now, with the advent of the pathway, I could explore it in a semi-structured setting. What more could I ask for?



My Pathway Courses & How They've Impacted my Public Health Journey

PHIL-21500: Biomedical Ethics

Changed my way of thinking to encompass social and economic determinants of health, which are incredibly relevant to public health problem solving.

ANTH-21000: Physical Anthropology

Taught me how humans have evolved as a species and the things that continue to affect all of us as people.

BIOL-36600: Immunology

Learned how to think about relevant issues like the AIDS crisis and the various aspects of life that affect our immune system.

BIOL-33500: Microbiology

Have a greater knowledge of infectious diseases and of how to communicate biological issues in an accessible way.

THANK YOU

Dr. Haely
 Dr. Strand
 Dr. Lynn
 Mrs. Kuhlman
 Mrs. Burleson
 Ms. Lipp
 Mr. Howard
 Mrs. Keagy
 Mr. Guillozet

My Experiential Learning Opportunities & What I Gained

Medical Ethics Case Studies (PHIL-43000-01), The College of Wooster, 1 semester

I learned how to identify ethical problems and brainstorm possible methods to solve them, which is an important skill in public health. I also learned how to practice narrative medicine and establish trusting relationships with patients/colleagues through active listening.

Intern on Project DAWN team, Delaware Public Health District, Summer 2023

I had opportunities to practice community health by educating community partners/members about Project DAWN and Narcan use. I've had a glimpse into what it's like to work in a local public department, and through talking to employees, the various ways in which you can end up in these positions.

Final Thoughts: How My Pathway Has Shaped My Career Path

After completing this pathway, I'm confident that going into the public health field is what I want to do. I still have a ways to go in terms of figuring out what specific aspect of public health I want to go into, but this experience has taught me that I don't need to be stressed out about my future. There are so many different ways that someone can get involved in public health. There's no right way to get anywhere; just take the opportunities in front of you and you'll end up where you want to be.

This pathway has given me loads of resources— whether it be knowledge I've acquired in classes, invaluable connections to professors and internship advisors, and new perspectives. I feel better prepared to start my post-grad public health journey, and I can't wait to get started.

