



# GETTING STARTED IN PUBLIC HEALTH

If you're just beginning your public health studies or career this fall, we've put together some recommended courses that will give you an introduction to critical public health skills and knowledge. Start off strong by harnessing these free, online trainings!



## **Public Health Essentials in Action**

Explore the social determinants of health and their impact on health outcomes, as well as the services that public health professionals provide to improve health in this foundational course.



## **Addressing Bias with Inclusive Communication**

Make sure you are using inclusive language to create a safe, positive environment for students, employees, and others that you interact with on a daily basis.



## **Health Equity**

Disparities in health are prevalent and persistent across the United States. This training introduces the concept of health equity and how to apply it in examining and addressing public health issues.



## **Making the Most of Mentoring**

Whether you are beginning an internship or taking on a new employee, this course will guide you in clarifying your goals and values, as well as set up clear communication in these relationships to ensure a successful experience.



## **Building Trust in Public Health: Marketing, Media, & Community-Based Strategies**

Building and maintaining trust in public health is critical to meeting community needs. This course shares strategies in communication and community engagement.



## **Relationships & Interpersonal Communication Skills**

Almost all activities in the workplace take place in the context of relationships. Learn components of and tools for effective communication to support successful relationships.