

FIRST YEAR

Choose 1	Communication
MATH 1414	College Algebra
Choose 1	BIO 1406 General Biology I or
Choose 1	BIO 1487 Honors
Choose 1	BIO 1407 Gen. Biology II or
ECON 2301	Principles of Macroeconomics
COMM 1315	Public Speaking
Choose 1	Government/Political Science
UNIV 1301	Learning Framework

SECOND YEAR

Choose 1	American History (Core)
ENVR 1401	Intro to Environmental Science I
ENVR 3305	Sustainable Agriculture
Choose 1	General Chemistry I
CHEM 1311	General Chemistry I Lab
Choose 1	American History (Core)
ENVR 1402	Intro to Environmental Science II
PHIL 4318	Philosophy of Food
CHEM 1312	General Chemistry II
CHEM 1112	General Chemistry II Lab

THIRD YEAR

BIO 4429	Agroecology
HIST 4333	Food and Agricultural History
BIO 1322	Human Nutrition
BIO 4319	Medical Entomology
Choose 1	EEMS 4381 Community-Engaged
Choose 1	Service Learning I or CESL 3301
BIO 4388	Global Change Ecology
Choose 1	ENVR 3301 Natural Resources
Choose 1	Conservation or ENVR 3304
Choose 1	Enviro. Approaches to Sustainable
Choose 1	Development
Choose 1	Food & Health Focus
Choose 1	Food & Health Elective
Choose 1	EEMS 4382 Community-Engaged
Choose 1	Service Learning II or CESL 3302
Choose 1	Community-Engaged Scholarship II

FOURTH YEAR

ECON 3355	Development Economics
POLS 4360	Food Science
Choose 1	Food & Health Focus
Choose 1	Food & Health Elective
EEMS 4191	Interdisciplinary Seminar Series Fall
Choose 1	Language, Philosophy & Culture
Choose 1	Creative Arts
ANTH 4310	Food and Culture
Choose 1	Food & Health Elective
EEMS 4192	Interdisciplinary Seminar Series Spring
EEMS 4193	Interdisciplinary Synthesis & Comm.

Courses in red are part of the General Education Core Curriculum (GEC). "Choose 1" indicates course options. If options are not listed, please review the General Education Core or the degree plan for this major: www.utrgv.edu/degreeplans.

2019-2020 ACADEMIC PLAN

UTRio Grande Valley

BLUE PRINT

SUSTAINABLE AGRICULTURE AND FOOD SYSTEMS (BS)

*Food and Health

Catalog: 2019-20

COLLEGE OF SCIENCES

Degree Info

The interdisciplinary SAFS major serves students interested in working in modern food and agricultural systems and improving the sustainability of those systems. Graduates are ready for careers in agricultural production, food system management, health professions related to food and nutrition, community and economic development, and public policy and analysis.

Food & Health students study:

Human nutrition, public health, and food safety

Epidemiology of food-related diseases like malnutrition, diabetes, and obesity

Additional Info

- Make your education a high priority in your life!
- Be sure to register for classes as soon as possible, as upper level courses fill up quickly.
- Know your degree plan backwards and forwards so that you know exactly what you need to do to graduate. If you need assistance, please see your advisor or the SAFS Program Coordinator or School Director.
- Plan ahead for the courses that you want to take in the future so that you can be sure to complete all prerequisites before registering.
- Community-Engaged Service Learning/Scholarship (EEMS 4381 & 4382 or CESL 3301 & 3302) are two-semester capstone courses. You will need to have junior standing in order to take them. Take these your junior year, and take two semesters of Interdisciplinary Seminar Series (EEMS 4191 & 4192) in your senior year.
- If you have any problems during registration, please contact the School Director immediately to see if the problem can be fixed at the departmental level.
- Graduation requirements: Minimum 2.50 GPA; at least 42 upper division/advanced hours overall.

Contact Info

SAFS BS Program Coordinator:
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BLUEPRINT EXPERIENCES

FIRST YEAR

SECOND YEAR

THIRD YEAR

FOURTH YEAR AND BEYOND

CAREERS

MILESTONES

- UTRGV has a Writing Center and a Learning Center. Make it a point to visit them!
- Complete your core English classes (section 010) during your first year.
- Complete 30 credit hours every year in order to graduate in 4 years.
- Shoot for a GPA of 3.5-4.0. If you are pursuing a healthcare profession, you will need a competitive GPA.
- Take MATH 1342 or 1343 in your first year.
- Meet with your academic advisor and bring your orientation folder with you to every session!
- Choose a major with confidence- Visit my.UTRGV.edu and check out MyMajors.
- Visit a faculty member during their office hours and ask a question about the ideas discussed in class.
- Cultivate professional relationships with faculty in your major.
- Classes fill up fast. When registration opens, be sure to register on the first day for your group.
- Cold or flu getting you down? We have Student Health Services on campus with free office visits.

ADVICE & SUPPORT

- Want to explore different careers? Check out MyMajors!
- Come ready with course suggestions and questions when you visit your academic advisor. Afterwards, introduce yourself to the health professions faculty advisor.
- Visit the Communication Hauser Lab for help with your speeches.
- Continue to nourish professional relationships with faculty in your major.
- Trouble making your tuition payment? The Financial Aid Office can help. Payment plans and emergency loans are also available.

APPLY WHAT YOU LEARN

- Look for a service-learning course! For guidance, visit Engaged Scholarship & Learning Office.
- Participate in a campus-sponsored community service project.
- Ask a student in class to study with you.
- Set up your profile on the Engagement Zone through My.UTRGV.edu.
- Attend a diversity based campus or community event (e.g. MLK Day of Service).
- Attend a departmental program such as invited seminar speakers.
- Join a student organization such as the Pre-Med/Bio-Med club! Visit VLink (utrgv.edu/vlink) for options.

GLOBAL, CAMPUS & COMMUNITY ENGAGEMENT

- Create a résumé and set up your profile on the Handshake icon: (My.UTRGV.edu).
- Got summer plans? Visit Career Center or the student organization in your intended field (e.g. pre-Vet Club) and ask about places to do some job shadowing.
- Research shows that students who work on campus perform better than those who work off campus. Look for a job on Handshake!
- Check your UTRGV email for the daily Messenger- locate and attend one student workshop.

LIFE AFTER GRADUATION

- Shoot for a GPA of 3.5-4.0.
- Complete major foundation classes, such as Ecology, Evolution, and Genetics.
- Complete 30 credit hours.
- If pursuing a healthcare profession: During summer register for a summer enrichment or graduate/professional school entrance exam prep course.
- Seek out research opportunities. Visit our website (www.utrgv.edu/biology) to see faculty research. Contact a faculty member and discuss joining their lab.
- Check DegreeWorks to make sure you are on track for graduation next year.
- Apply for internship and/or job shadowing opportunities. Discuss this with your advisor, faculty mentor, or Career Center.
- Discuss potential letters of reference with your faculty mentors.
- Schedule an appointment with the health professions faculty advisor to discuss future goals. Come prepared with questions and discuss applying to health professions schools.
- Go show off your research, service-learning or creative works at the Engaged Scholar Symposium!
- Sharpen your writing skills! Visit the Writing center or become the secretary for your organization.
- Consider serving on a campus life/community committee or become a student leader and make a difference. Visit VLink or speak with your Student Government Association for more information!
- Travel the world! Look into study abroad opportunities at Office for International Programs & Partnerships.
- Check out the Biology department website for postings on career/graduate school.
- Think about three people you can ask for letters of recommendation (professors, mentors, advisors, supervisors, etc.). Give them at least two weeks' advance notice!
- When is the deadline for your graduate school application? Visiting the program admissions webpage. Most do not accept late applicants!

- To find undergraduate research opportunities, visit the Engaged Scholarship & Learning Office.
- Consider attending the LeaderShape Institute or attend the Engaged Scholar Symposium.
- Look at study abroad opportunities! Consider going to some place exciting!
- Check out or volunteer for a cultural campus or community event such as HESTEC or FESTIBA.
- Join another student organization. Perhaps VLink or visit VLink for options.
- Check out a campus event that offers free lunch- bring a friend!
- Update your resume in Handshake and have it reviewed.
- Visit the Career Center site to find a job fair to attend. At the event, approach a recruiter and discuss internships.
- Explain to someone how your academic program aligns with your strengths and interests.
- If you are pursuing a health/medical field, begin shadowing healthcare professionals.

- Shoot for a GPA of 3.5-4.0.
- Complete 30 credit hours.
- Register for the entrance exam for the graduate/professional school you are pursuing (MCAT, DAT, GRE, etc.).
- Engage in an independent study project or an academic internship to complement your major, such as Biology Research Problems.
- Discuss future plans with your faculty mentor or advisor that includes employment, finances, and other life goals.
- Apply for graduation one semester prior to your anticipated date. Visit the Academic Advising Center to ensure you are on track.
- Join a professional organization such as Texas Academy of Sciences
- Continue to present research or creative works at the Engaged Scholar Symposium or a Texas Academy of Science meeting.
- Set up an informational interview with an individual (especially an alumnus) currently in the field you aspire to work in.
- Identify employers of interest and seek them out at job fairs, online, at on-campus information sessions, staffing agencies, etc. The Career Center can help.
- Before a job interview, schedule a mock interview with the Career Center or speech coaching with the Communication Hauser Lab.
- Have you received your acceptance for graduate school or an employment offer? If not, network: talk to faculty, the Career Center, and get on LinkedIn.
- Formulate and implement a strategy for life after graduation: attend career fairs, graduate fairs, apply to fellowships, etc.
- Update your information with Alumni Relations. Enjoy alumni mixers, events and continued access to Career Center services!
- Remember to do your exit loan counseling on studentloans.gov.

- Engage in an independent study project or an academic internship to complement your major, such as Biology Research Problems.
- Discuss future plans with your faculty mentor or advisor that includes employment, finances, and other life goals.
- Apply for graduation one semester prior to your anticipated date. Visit the Academic Advising Center to ensure you are on track.
- Join a professional organization such as Texas Academy of Sciences

For those looking to work in fields related to nutrition, dietetics, public health, food safety, or diseases related to food (e.g., diabetes or obesity):

- Dietician or nutritionist
- Community health worker
- Social worker
- Food service manager
- Food scientist or technologist
- Social science or public health research assistant
- Soil or plant scientist
- Vocational education teacher (community college or university)
- Career or technical education teacher (middle or high school)

For additional info, visit the Career Center website and check out "What Can I Do With This Major?" www.utrgv.edu/careercenter