



San José State  
UNIVERSITY

Master of Public Health  
Distance Education

ADMISSIONS INFORMATION  
PACKET  
*For Fall 2010*

**Application deadline is  
April 15, 2010**

Department of Health Science  
One Washington Square  
San Jose, CA 95192-0052

[http://www.sjsu.edu/healthscience/programs/mph\\_dep/index.htm](http://www.sjsu.edu/healthscience/programs/mph_dep/index.htm)

## ***A LETTER FROM THE MPH DISTANCE EDUCATION DIRECTOR***

Dear Applicant:

Thank you for your inquiry into San Jose State University's MPH Program. The SJSU MPH degree is offered in both a campus and a distance mode. The distance education component enrolled its first cohort of 25 students in Fall 2007 and an additional 27 in Fall 2008 and Fall 2009. It is located within SJSU's MPH Program which has been accredited by the Council on Education for Public Health (CEPH) since 1974. We are part of the Department of Health Science in the College of Applied Sciences and Arts. SJSU is one of the 23 campuses in the internationally recognized California State University (CSU) System. CSU is the largest, the most diverse, and one of the most affordable university systems in the country.

The MPH distance education component was created in response to a documented need for graduate public health education among Californians living in areas without direct access to such education. The MPH faculty also recognizes that there are potential applicants who live in states outside of California, and in countries outside of the USA, who also are in need of access to graduate public health education. The MPH faculty welcomes applications from those areas. In addition, the faculty also recognizes that there are potential applicants who live in areas where public health programs exist, but whose personal and professional commitments and responsibilities prevent them from attending campus-based programs.

The distance education component is a 24-month cohort model designed for the unique needs of working professionals. We operate on a semester system, admitting new students each Fall semester only. The application deadline for Fall 2010 admission is **April 15<sup>th</sup>, 2010**. We will begin accepting applications on October 1, 2009. However, admissions decisions will not be made until early April and should be completed by mid-May.

I encourage you to read this application packet so that you can learn more about our program structure, required courses, our online technology, and the application process.

I hope that this brief introduction, along with the materials in this packet, help you in your review of our MPH program. Please be sure to visit our distance website for the latest tuition information and other program updates:

[http://www.sjsu.edu/healthscience/programs/mph\\_dep/](http://www.sjsu.edu/healthscience/programs/mph_dep/)

Selecting a graduate program is a very important decision. We honor and respect the time and thought that you are giving to the process, and hope that you will seriously consider San Jose State University's MPH Distance Education Program. We wish you well and look forward to getting to know the next generation of public health professionals.

Sincerely,

Daniel Perales, DrPH, MPH  
Professor of Public health  
MPH Program Distance Education Director  
Department of Health Science  
San Jose State University  
San Jose, CA 95192-0052  
email: [Daniel.Perales@sjsu.edu](mailto:Daniel.Perales@sjsu.edu)  
website:  
[http://www.sjsu.edu/healthscience/programs/mph\\_dep/index.htm](http://www.sjsu.edu/healthscience/programs/mph_dep/index.htm)



## Program Mission

---

San Jose State University's MPH program was founded in 1970 to prepare community health education practitioners to serve the diverse and dynamic communities of Northern California. Our program was awarded an unprecedented second seven year re-accreditation term by the Council on Education for Public Health in 2000. In October 2007, we were reaccredited again for the maximum seven-year term.

Our mission essential mission is:

**To provide professional education that prepares and supports both students and graduates with conceptual frameworks, knowledge, sensibilities, and confidence to apply health education and public health strategies and skills to programs, policy, and community development.**

This mission statement was revisited, revised, and reaffirmed by the MPH Core Faculty in spring 2006 during our MPH Program accreditation Self-study. The program's mission is achieved through an integrated program of instruction, research, and service, carried out in close collaboration with a diverse network of community programs and practitioners. Our ultimate goal is public health and social justice through planned, organized, and empowering community efforts.

### Broad Goals

The MPH program seeks to attain its mission through carefully planned efforts to address six broad goals. The goals are mutually reinforcing and crosscut the major functions of instruction, research, and service.

1. Stimulating and practical graduate education in the foundations of public health and the specialized skills of community health education.
2. A program environment that honors diversity, civility, honesty, collaboration, engagement, respect, and ethical practice.
3. Learning that integrates theory, practice, evidence, and lived experience over time, from different sources, and in new ecological contexts.
4. Contributions that advance the body of knowledge and resources in community health education and public health through community-based faculty and student scholarship.
5. Leadership and active participation that contribute to the growth and development of the health education profession.
6. Continuous engagement of the talents, enthusiasm, resources, and imagination of our program's faculty and students in collaboration with community partners in projects and service activities that contribute to eliminating health disparities and promote social justice.

## DIVERSITY IN THE SJSU PROGRAM

### MPH Program Diversity Statement

Our diversity honors experiences, visions, choices, and realities. It is open to varied cultures, classes, ages, genders, orientations, and abilities. It acknowledges differences and the sharing of the experiences, challenges, and contributions of those differences.

Our diversity is built on tenets of respect, support, inclusion, and representation. It embraces and honors community, ethnicity, spirituality, sexuality, gender, and culture.

Our diversity provides a philosophical outlook that searches to find the points of interconnectedness among us, and accepts that not all points of view connect.

Our diverse community resolves to create spaces for all voices and stories to be equally shared, heard, and embraced.

The MPH Core Faculty has long had a commitment to this kind of diversity. We hope that it is evident in the courses we teach, the environments we co-create with our student partners, in the MPH community we assemble each year, and in the projects we select on campus and in our community work. We very much look forward to continuing to search for those “points of interconnectedness” among us.



## Broad Program Outcomes

In recognition of the increasing cultural diversity of the state of California, our MPH program is committed to training culturally competent health educators whose backgrounds and skills reflect our changing demography. Specifically, the MPH program trains public health professionals and health education practitioners who are able to:

1. **Assess the factors which affect the health of individuals, groups, and communities;** and identify those assets and priorities that contribute to health education and health promotion intervention within a social system;
2. **Analyze and research emerging trends** to predict future individual and community health needs and opportunities based on current evidence and societal changes, and to communicate their implications for public health and health promotion;
3. **Apply theory, appropriate technologies, educational methods, and communication strategies to design, plan, implement, and evaluate health education and health promotion interventions** in accordance with public health objectives, community needs, and organizational and community goals;
4. **Provide technical assistance and act as a health education resource across a broad range of settings** to promote community health through community building and organizing with identified stakeholders, including community members, consumers, health practitioners, health care providers, policy and decision-makers;
5. **Apply administration principles and skills** to manage human, fiscal, capital, and social resources when administering health education strategies, interventions, and programs.
6. **Apply concepts and theories of systems, behavior, education, and change** to influence desired health outcomes, with particular emphasis on ecological approaches and global perspectives that connect health education and promotion efforts to larger social issues.
7. **Design, conduct, analyze, use, and share both qualitative and quantitative evaluation or research** related to community health education and promotion;
8. **Apply the principles and skills of effective inclusive and multicultural communication** when working with individuals, groups, organizations, and communities from diverse cultures and backgrounds;
9. **Advance public health practice and the health education profession by building on their historical and contemporary contributions to the field;**
10. **Adhere to standards for ethical practice and research** based on their personal values and mission statements, institutional mandates, and the Code of Ethics for the Health Education Profession in order to apply them to fields of public health and community health education.
11. **Develop leadership, career, and professional development skills** in order to promote lifelong learning opportunities;
12. **Otherwise work to assure conditions which protect and promote public health.**

These outcome objectives encompass the areas of professional responsibility delineated by the National Commission on Health Education Credentialing, Inc., and are informed by CEPH accreditation criteria, the Institute of Medicine's recommendations for improving public health professional education, the Associated Schools of Public Health MPH Core Competency Development Project, and the National Health Educator Competencies Update Project. Our outcomes are continually revised by the core MPH faculty.

## The SJSU MPH Program at a Glance

---

San Jose State University's MPH Program in Community Health Education is accredited by the Council on Education for Public Health (CEPH), the independent agency officially recognized to accredit graduate programs in public health. Prior to 2005, CEPH accredited Schools of Public Health, Preventive Medicine Programs, and free-standing programs in Community Health Education. Now, under the new 2005 CEPH criteria, there are just two categories of accreditation: Schools of Public Health and Programs of Public Health.

### History of SJSU's MPH program

**Our public health program was established in 1970 by Dr. Sam Radelfinger. It was first accredited under the leadership of Dr. Helen Ross in 1974. The program has received full reaccreditation ever since. Our last site visit occurred in spring 2007 and were we reaccredited in October 2007 for seven years.**



The MPH program has always been housed in the Department of Health Science, which is the smallest department in the eclectic College of Applied Sciences and Arts. Other departments within CASA include [Aerospace](#); [Hospitality, Recreation, & Tourism Management](#); [Justice Studies](#); [Kinesiology](#); [Nutrition & Food Science](#); and [Occupational Therapy](#). Schools within our college include [Journalism & Mass Communications](#), [Library & Information Sciences](#), [Nursing](#), and [Social Work](#). Our department also includes an undergraduate program, with concentrations in Health Services Administration, General Health Science, and Gerontology.

### The MPH Program

The MPH program is based on the curricular elements identified by CEPH for graduate programs in public health. We offer an MPH degree with a specialization in community health education. The 42 unit curriculum is organized around a health education core (15 units), public health core (22 units), fieldwork (5 units: CEPH required 400 hours practicum), and a two-part culminating experience.

San Jose State's MPH program has long been known for its practice-oriented, community-based training. Students are involved in real-time and asynchronous class exercises and writing assignments based on practice challenges and real-world situations. Although the curriculum is not designed around the Certified Health Education Specialist (CHES) framework, the CHES areas of responsibility and specific competencies are included in the self-assessment that students perform in the first and last semesters. The curriculum meets the requirements of the optional new graduate-level Certified in Public Health (CPH) exam that was created by the National Board of Public Health Examiners, and other professional organizations. More information on the certification exam can be found at this website <http://www.publichealthexam.org/>

### **Other Program Information:**

**Tuition:** Total tuition is \$21,924 for the 42 unit program, at a rate of \$522 per unit. This rate is fixed for the cohort admitted in fall 2010, throughout their 42 unit program, barring any unexpected state mandated increases. The fees are considerably lower than other CEPH accredited MPH Programs. The instructional fees do not include the cost of books and once a year travel to SJSU. The tuition is the same regardless of in-state, out-of-state, or international residency.

### **Financial Aid:**

- All MPH Distance Education Program students are enrolled through Special Session.
- California students in Special Session are not eligible for the State University Grant program because they do not pay state university fees.
- Special Session students are eligible for Federal Stafford Loans.
- Unfortunately, there are no scholarships, fellowships, or student assistantships offered by the MPH Program.
- Further information on Financial Aid can be found at: <http://www.sjsu.edu/faso/>

**Admissions:** Approximately 25 students are admitted each fall. There is no spring admission. Applicants must be admitted by the SJSU Graduate Admissions and Program Evaluations office in order to be admitted by the MPH Distance Education Program.

**Academic Calendar:** The distance MPH program operates year-round. Students begin the MPH Program in early-August and graduate 24 months later with their cohort.

**On-campus Meetings:** Students must visit the SJSU campus three-times during their two years in the MPH Program. Specific information on assignments, dates, exact location, and accommodation options will be provided at least three months prior to the meeting. Students are expected to pay for their own transportation, lodging, and some meals while in San Jose. Special discounted lodging rates are available through the MPH Program.

**Orientation and Instructional Meeting:** The program begins with approximately two weeks of online instruction during the first week of August. During that period, students will be given a homework assignment that will be completed during a mandatory 5-7 day orientation and instructional experience in San José during the third week of August. Final Meeting: Students at the end of their second year will have their final class meeting in August. In addition, the final August meeting will include completion of final course requirements and a graduation convocation.

**Distance Education Technology:** All courses are offered online via the Blackboard platform. (Go to <http://online.sjsu.edu/> for examples of Blackboard course offerings at SJSU). This platform will be used to deliver and receive course assignments, serve as a forum for class discussion, and provide support for course textbooks and other reading material. In addition, the real-time Elluminate platform is used in most classes (Go to <http://www.illuminate.com/index.jsp> for more information on Elluminate). Students will be required to attend real-time class sessions in the early evening (usually between 6:00 – 9:00 PM - Pacific Time), in most courses, once a week. The Elluminate platform provides students with a live classroom experience from their office or home computer. Students should have some technology experience, the necessary computer equipment, and ideally

access to a broadband internet connection. Specific information on technology needs is contained in the Technical Requirements document found on the distance website: [http://www.sjsu.edu/healthscience/docs/Technical\\_Requirements\\_for\\_web.pdf](http://www.sjsu.edu/healthscience/docs/Technical_Requirements_for_web.pdf)

**Course Offerings:** A schedule of courses and descriptions of all of the required courses is located on the website. In order to facilitate the completion of the 42-unit MPH degree in two years, students will complete each course in an approximately 5 to 7 week sequence; depending on course units. Some courses will overlap with the field experience. Course dates are posted in the Schedule of Courses. Distance courses are only open to students admitted into the MPH Program's distance component.

**Practicum (Field Experience):** The 400-hour field experience is required by our CEPH accrediting body and must be completed by all students regardless of prior professional experience. Some students may be able to complete their field experience requirement within their immediate community and perhaps in their present place of employment.

**MPH Program Transfer:** Applicants admitted into the Distance Education Program cannot 'transfer' to the campus program after starting in the Distance Program, nor can students in the campus program transfer to the Distance Program.

**SJSU Library:** All students will be provided with access to the online resources of the SJSU Dr. Martin Luther King Jr. library. In addition, students will be able to access the resources of other university libraries through the King library. Go to <http://www.sjlibrary.org/services/distance/index.htm> for information on the MLK library.

**Martin Luther King Library on SJSU campus**



## The Students

In Fall 2007, 2008, and 2009 we admitted our first three distance education cohorts. Including the MPH campus students, there are approximately 125 students in the SJSU MPH Program. Our distance cohorts range in age from 25 to 61, with a mean of approximately 37. They are very experienced professionals representing many disciplines in the health field including clinicians, public health administrators, researchers, and nutrition and HIV health educators. They are extraordinary in their serious orientation to the discipline required for graduate study in a distance mode, their commitments to the communities they represent and care for, and their desire to contribute to public health. Below is a sampling of employer and job titles for some of the students in our distance cohorts. Although most students are from California, the SJSU MPH Program welcomes qualified applicants from other states and from international settings.

Employers of MPH Distance Students	Job Title
American Lung Association of California – Santa Rose, CA	Asst. Director/Communications & Advocacy
CA Health Collaborative: Northern California Breast & Cervical Cancer Partnership, Chico, CA	Program Manager
City of Berkeley Public Health Department	Clinical RN
Catholic Health System, Cheektowaga, NY	Director of Physician Recruitment
El Dorado County Public Health Department – Placerville, CA	Health Educator
Family Health Centers of San Diego	Program Coordinator HIV Services
Four Winds of Indian Education, Inc. - Chico, CA.	Health Education Director
Kaiser Permanente - San Jose, CA	Community Health Associate
Kaiser Permanente-Napa, CA	Clinical Health Educator
Los Angeles County Public Health Dept. – Family Planning Pgm	Program Manager
Madera County Public Health Department – Madera, CA	Communicable Disease Investigator
Maricopa County DPH, Phoenix, AZ	Community Dietitian
Mendocino County Public Health Department – Ukiah, CA	Health Educator
Merced County Public Health Department – Merced, CA	Deputy Public Health Director
Neighborhood Health Plan- Holbrook, MA	Nurse Case Manager
Office of Vocational Rehabilitation – Reading, PA	Vocational Rehabilitation Counselor
Planned Parenthood : Shasta Diablo	Senior Health Educator
Placer County Public Health Department – Tahoe City, CA	Health Educator-Tahoe
Ravenswood Family Health Center – East Palo Alto, CA	Community Health Advocate
Shasta County Public Health Department – Redding, CA	Agency Staff Services Analyst
Southern Jersey Family Medical Centers, Atlantic City, NJ	Health Educator
Univ. of Texas-MD Anderson Cancer Center – Houston, TX	Radiation Therapist
University of California Davis Health System	Trauma Outreach and Prevention Educator
University of California San Francisco - Neuroepidemiology	Research Assistant
University of Mississippi Medical Center	Professor and Chair of Family Medicine
University of Nevada, Reno	Assoc. Professor – Community Health Sciences
US Healthworks – Sacramento, CA	Managing Physician

To be considered for admission, applicants should have a minimum of two fulltime years of work experience in the health field, and a compelling reason for wanting a public health degree. Applicants must also demonstrate through their backgrounds, previous training, or life experiences extraordinary potential to contribute to the diverse and multi-talented public health workforce needed in the 21<sup>st</sup> century. However, we recognize that people without health-related experience can also find their way to public health from their volunteer and life experiences.

Graduates of our campus program build interesting and fulfilling careers across a wide variety of roles and settings. Many work as health educators in local, county, or state health departments. Others work in topic-specific programs, such as HIV prevention or health services, tobacco control, domestic violence, immunization, student health, violence prevention, cancer control, school-based health education, or environmental protection. Graduates are working within health care settings, particularly in managed care, continuing professional education, and organizational development. Graduates also work within industry and other work settings in employee health promotion or worksite wellness programs. Others have forged new directions in journalism, government, medicine, and the arts. Each year, one or two of our students decides to go on for doctoral work at other universities. Recent graduates have completed or are pursuing doctoral degrees at the University of North Carolina, Purdue University, Tulane University, the University of Michigan, University of San Francisco, and the University of California at Davis. We are proud of our program and particularly proud of our students and alumni!

### **The Faculty**

Five full-time, tenured or tenure-track professors form the MPH faculty: Drs. Edward Mamary, MPH Director; Kathleen Roe, Chair of Health Science; Dan Perales, MPH Distance Education Director; Anne Demers; Bud Gerstman, and Van Ta. We are also fortunate to have experienced public health professionals, as part-time faculty members, who teach specific courses in the MPH program.

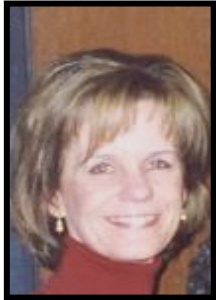
The MPH program benefits from the faculty's active community-based orientation. All MPH faculty members have ongoing research and/or service projects - most of which involve MPH students in one way or another. The MPH faculty is active in the leadership of the Society for Public Health Education (SOPHE), American Public Health Association, Council of Accredited MPH Programs in Community Health Education, the National Board of Public Health Examiners, and other professional organizations.

MPH Core faculty members also play key roles in college and university administration. For example, in recent academic years; Dr. Anne Demers served as Chair of the College Curriculum Committee, Dr. Edward Mamary was past-chair and member of a university General Education Advisory Panel (GEAP), Dr. Daniel Perales was Chair of the University Program Planning Committee, and Dr. Kathleen Roe was Coordinator of the university's WASC accreditation Educational Effectiveness Review and Lead Writer of the Educational Effectiveness Report. This degree of university involvement and leadership serve to connect the MPH program to central university and college structures and perspectives. It also provides a discernable health education process orientation to the university, which has been noted and appreciated by higher level officials.

## THE MPH PROGRAM FACULTY

---

### **Dr. Kathleen Roe, Chair of the Health Science Department**



Kathleen Roe earned all three of her degrees from the University of California at Berkeley: a BS in sociology with minor in Afro American Studies (1975), an MPH in community health education (1980), and a doctorate in public health (1985). She joined the Health Science Department in 1988 and was awarded tenure and promotion to full professor 5 years later. In 2002, she was named the Outstanding Professor of San Jose State University. In AY 2009-10, Dr. Roe will teach two MPH courses: HS 200 Introduction to Public Health Education and HS 277 Multicultural Communication for Health Professionals. Dr. Roe is involved in numerous community-based education and research projects.

Current projects include community-based participatory research for community health development at McKinley Elementary School and process evaluation of the San Francisco HIV Prevention Planning Council. Currently, she is the PI on grants from Community Campus Partnerships for Health and Kaiser San Jose. Since 2007, Dr. Roe serves as a Visiting Professor at the University of Reykjavik in Iceland where she is also a member of their 13-city Youth in Europe drug abuse prevention study. She is founder of the Friends of Arrazola project, which includes an annual trip with Health Science students to Oaxaca, Mexico each Spring Break. Dr. Roe is a frequent speaker at conferences and trainings, including a plenary speaker at Youth in Europe Mayors Conference in Istanbul, Turkey (May 2007). Dr. Roe is widely published, most recently in the areas of health disparities, community-based evaluation, and quality assurance in professional preparation. She is a founding Associate Editor of the Circle of Research and Practice department (with Brick Lancaster of CDC) of Health Promotion Practice and a founding member of the Academy for Health Equity. Dr. Roe is active in national and regional public health organizations. She served as Co-Chair of the National Task Force on Accreditation in Health Education for several years and as a member of The Health Trust's Grants Committee. She is a Past-President of the Society for Public Health Education (1999-2000) and has held numerous elected offices in the Public Health Education and Health Promotion Section (PHEHP) of the American Public Health Association. Dr. Roe is the recipient of the APHA PHEHP Section's Early Career Award (1995), the SOPHE Mentor of the Year Award (2001), and the Northern California SOPHE Dorothy Nyswander Leadership Award (2001), the SOPHE Distinguished Career Award (2006), and the Distinguished Career Award of APHA's Public Health Education and Health Promotion Section (2008). Under her leadership, the Health Science Department was the recipient of the 2004 SJSU Provost's Award for Student Team Service Learning, the 2005 Open Society Award of the National Society for Public Health Education (SOPHE), the 2007 CASA Assessment Award, and the 2008 Provost's Award for Community Collaboration. Dr. Roe was honored to be selected by Provost Carmen Sigler to be the Coordinator and Lead Writer of the university's recent accreditation report on Educational Effectiveness and was the recipient of the College of Applied Sciences and Arts' Faculty Award for Commitment to Equity and Diversity. Dr. Roe was unanimously elected to a third 4-year term as Department Chair in May 2009.

### **Dr. Edward Mamary, MPH Program Director**



Edward Mamary earned his DrPH degree from the University of California at Berkeley and his MS degree from Hunter College, CUNY. He joined the SJSU MPH faculty in 1998. He joined the Health Science Department in 1998 and was awarded tenure and promotion to associate professor in 2004 and to full professor in 2008. Dr. Mamary teaches Environmental Health, Groups and Training, and Research Design, Applied Data Analysis, and Methodology. He also is one of the Department's MPH Thesis and Graduate Project advisors. Prior to coming to SJSU, he worked for many years as an evaluation specialist for the San Francisco STD/HIV Prevention Training Center, one of four national centers funded by the Centers for Disease Control and Prevention. Dr. Mamary has consulted on a number of projects, including – a local evaluation for The Partnership for Public Health (PPH) - a five-year initiative funded by the California Endowment to foster ties between California communities and public health departments; HIV needs assessments for the Mountain Counties AIDS Consortium, Contra Costa County, San Mateo County, and Kern County; an assessment of smoking among people living with HIV for San Francisco General Hospital; building evaluation capacity for community-based HIV prevention programs in the City and County of San Francisco; and an impact evaluation for the California State Occupational Lead Safety Program. He is currently co-principal investigator, along with Dr. Anne Demers, for a CSU collaborative grant, Assessing Priorities and Creating Opportunities for Training California's Public Health Workforce. Dr. Mamary, along with alum Jacqueline McCright, was co-principal investigator on a research project funded by the Universitywide AIDS Research Program, University of California. The main goal of the research was to conduct in-depth interviews regarding HIV risk with African American men who have sex with men and who do not identify as being gay. The second year of the project engaged a sub-set of participants in a Photovoice Project. You can view the Ourlives Photovoice Project at [www.ourlivesphotos.com](http://www.ourlivesphotos.com). Dr. Mamary also conducts primary care effectiveness reviews for the Ryan White CARE Act Grant Program. He was past co-vice president of national SOPHE and is currently co-chair of SOPHE's faculty caucus and the treasurer for the Council of Accredited MPH Programs in Community Health Education (CAMP). Dr. Mamary was also a past Co-president of NC-SOPHE. He was recently elected to the National Board of Public Health Examiners.

### **Dr. Daniel Perales, MPH Distance Education Program Director**



Daniel Perales was born in Brownsville, Texas. He received his BA degree from the University of California at Berkeley and his MPH and DrPH degrees from the University of Texas School of Public Health at Houston. His professional and research interests include injury control and program evaluation. Dr. Perales teaches *Health Promotion Planning and Evaluation* in the MPH program and has taught several courses in the undergraduate program including *Social Marketing*, and *Epidemiology*. He is also Director of the SJSU MPH Distance Education Program. Over the last 25 years, he has conducted research that includes observational studies of bicycle safety helmet use in two California counties and needle exchange HIV/AIDS harm reduction programs. He has also conducted evaluation of programs related to tobacco control, prenatal care outreach, nutrition education and food security, child immunization, and coalition development and maintenance. He has provided strategic planning consultations to the Santa Clara County Senior Care Commission, the Gold Country Tobacco Control Coalition, and the California Childhood Lead Poisoning Prevention Program. He also served on the American Public Health Association's Strategic Planning Committee. Dr. Perales is former treasurer and former Co-

Vice President of the Society for Public Health Education (SOPHE) and is a past member of the Editorial Board of *Health Education and Behavior*. He presently serves on the Editorial Advisory Board of the journal *Health Promotion Practice*, the *Californian Journal of Health Promotion*, and on the Prevention Institute's Board of Directors. He was elected SOPHE President-elect in 2009 and will serve as SOPHE President in 2010-2011. In 2007, Dr. Perales authored a chapter titled "Primary prevention and program evaluation", in the highly successful book, *Prevention is Primary: Strategies for Community Well-Being*, edited by Larry Cohen, Vivian Chavez, and Sana Chehimi and published by Jossey-Bass. The *Prevention is Primary* publication is used as a textbook in the MPH Program. Presently, he is co-authoring with fellow SJSU faculty member Ed Mamary, and Nutrition Network Evaluation Unit staff Andy Fourney and Barbara MKNelly another book chapter on evaluation titled "Evaluating and improving health promotion programs" in *Health Promotion Programs: From Theory to Practice*, an edited textbook sponsored by the Society for Public Health Education. The book will be published by Jossey-Bass in 2009.

### **Dr. Anne Demers, MPH Core Faculty**



Anne Demers received a B.A. in Psychology from the University of California, Santa Cruz; an MPH from San Jose State University; and an Ed.D., with an emphasis in Organizations and Leadership from the University of San Francisco. She has many years experience in activism and the study of organizations, social systems, education, and community change. Her research interests are in the related areas of disenfranchisement from community, actions that compromise physical and mental health, anthropological methods, and evaluation of the policy and service interventions designed to help people re-integrate into mainstream society and community. Her particular focus populations are military personnel, street-involved youth, and former foster youth. Dr. Demers is currently involved in a variety of research projects. Most recently, she was the principle investigator on *Living, Learning, and Belonging: Connecting Former Foster Youth to the Dream of a College Education*, funded by the Walter S. Johnson Foundation. She is also the principle investigator on a research project funded, in part, by the Haas Fund and the California Wellness Foundation to explore the needs of veterans returning from the Iraq War. She is co-principle investigator with Dr. Mamary on a grant from California State University Commission on Extended Studies to assess the priorities of and develop on-line trainings for California's public health workforce. In addition, Dr. Demers is a consultant on a project funded by the Zellerbach Family Foundation to develop and evaluate trainings for law enforcement and mental health practitioners to enable them to more effectively address the needs of returning Iraq and Afghanistan war veterans. Dr. Demers has been a part-time faculty member in the MPH Program since 2001 and joined the Department full-time in 2005. She coordinates the MPH Fieldwork Program, and teaches HS100 Writing Workshop, HS145 Community Mental Health, HS291A, B, & C Fieldwork Seminar, Practicum, and Synthesis, HS271 Theoretical Foundations in Public Health Education, HS276 Community Organizing, HS293 Public Health Leadership and is one of the faculty advisors for graduate projects and theses. Dr. Demers is active and has held leadership positions in a variety of national and international health education, and promotion organizations, and has been an invited keynote speaker and workshop presenter in numerous venues, including the International Union for Health Promotion and Education (Paris, 2001 and Vancouver, 2007), the International Peace Conference in Istanbul, Turkey; and the Norwegian Peace Initiative Meeting in Oslo, Norway. In addition, her work has led to numerous interviews with international, national, and local documentary filmmakers, radio and television stations, including the Washington Journal (C-SPAN).

### **Dr. B. Burt Gerstman, MPH Faculty**



Bud Gerstman earned his PhD in Epidemiology and Comparative Pathology from the University of California, Davis and his MPH from the University of California at Berkeley. He also has a veterinary degree from Cornell University. Dr. Gerstman teaches Epidemiology, Biostatistics, Computational Public Health Statistics, and General Education classes. Before coming to SJSU in 1990, he was a Fellow at the National Institutes of Health as part of the US Public Health Service Epidemiology Training Program and was an epidemiologist at the U.S. Food and Drug Administration. He has taught at the NIH Graduate School, has won numerous awards, and is widely published. He is author of the best selling text

*Epidemiology Kept Simple*. His research interests focus primarily on the history of epidemiology and public health in post-revolutionary France and Victorian England. The URL for Dr. Gerstman's web site is [www.sjsu.edu/faculty/gerstman](http://www.sjsu.edu/faculty/gerstman). Dr. Gerstman's most recent text, *Basic Biostatistics: Statistics for Public Health Practice* (2008), was published by Jones & Bartlett of Boston, MA. Both of Dr Gerstman's publications are used as textbooks in the MPH Program

### **Dr. Van Ta, MPH Faculty**

Dr. Van Ta is a tenure-track Assistant Professor in Health Science at San José State University. She teaches HS 135 Health Issues in a Multicultural Society, HS 162 Health Care Organization, and HS 295D Research Design and Methodology. Her primary research interest are to address issues related to racial and ethnic minority health and healthcare disparities, especially among at-risk Asian American women including those who suffer from mental/substance use disorders and/or are victims of intimate partner violence. Specifically, she is interested in examining the barriers and facilitators to accessing mental health/substance abuse treatment, and the effectiveness of innovative and culturally appropriate treatment approaches in health care settings. Her current studies include a mixed-methods study on the barriers and facilitators to use of mental health services among Native Hawaiian women, and investigations of the roles of race/ethnicity, generational status and family cohesion on Asian Americans and Pacific Islanders' health care experiences. She is a recipient of the National Institutes of Health (NIH) Loan Repayment Program, Health Disparities award. Dr. Ta was a National Institute on Drug Abuse (NIDA) postdoctoral fellow in Substance Abuse Treatment and Services Research at the University of California, San Francisco (UCSF) Department of Psychiatry. At UCSF, she worked on various projects such as an intervention study on HIV prevention for mentally ill substance users. She has an on-going research study at UCSF that examines racial and gender differences in health services use among methamphetamine users. She completed her doctoral studies in Health Policy and Management with a concentration in social and behavioral sciences at The Johns Hopkins University School of Public Health, where she was a recipient of the Sir Arthur Newsholme Scholarship. Her dissertation research focused on the prevalence of and factors related to depression and the utilization of mental health/substance use services among Asian and Pacific Islander mothers in Hawai'i. She also has a Master's in Public Health (MPH) with a concentration in Health Promotion, a B.S. in Health Promotion and Disease Prevention and a B.A. in Sociology from the University of Southern California (USC). Prior to pursuing her doctoral degree, she worked for three different non-profit organizations in Los Angeles County primarily addressing health care access and health equity issues affecting Asian and Latino Americans as well as the uninsured and underinsured. Dr. Ta is a refugee from Vietnam, a 1.5 generation Chinese American, and is the oldest of four. She was raised in Santa Ana, California. She enjoys cooking and attending cultural events.

## THE MPH COURSE OF STUDY

---

The MPH “course of study” is the planned progression of the required 42 units of coursework and fieldwork. Students do not have an option to complete a project or thesis as their culminating experience, because this would require additional units, time, and expense, beyond the 2-year plan, in order to complete the MPH degree. The 42 required MPH units are organized as follows:

<b>Health Education Core Courses</b>	15 units
<b>Public Health Core Courses</b>	22 units
<b>Fieldwork</b> (400 hours plus Fieldwork Seminar and Synthesis)	5 units
<hr/>	
<b>Total</b>	<b>42 units</b>

## MPH COURSE DESCRIPTIONS

---

---

### Health Education Core Courses

**HS 200 Contemporary Practice: Public Health, Health Promotion, and Community Health Education:** Introduction to the philosophy, ethics, historical roots, and approaches of contemporary public health education and health promotion. Emphasis is on frameworks and strategies used in practice. (2 units)

**HS 201 Groups and Training: Theory and Practice:** Study of group processes and learning theories as they apply in the training environment. Apply experiential learning concepts and principles in the design, implementation, and evaluation of training programs. (2 units)

**HS 271 Theoretical Bases of Health Behavior:** Psychological, social, cultural, and ethical factors in health-related behaviors and behavior change. (3 units)

**HS 272 Health Promotion Planning and Evaluation:** Theory and practice of developing community health programs. Focus on program planning within the context of strategic planning, problem/needs assessment, setting of program goals and objectives, approaches to program evaluation, and grant writing. (3 units)

**HS 293 Leadership for Health Professionals:** Preparation for leadership in public health. Emphasis is on: policy and politics of health advocacy, ethics in public health education, and final self-assessment of skills for practice and continuing education priorities. This course can not be taken until Fieldwork Seminar and Practicum are completed. (3 units)

**HS 269 Applied Data Analysis:** Overview of quantitative and qualitative data analysis and reporting. Application of basic quantitative analysis concepts introduced in computational statistics and research courses. Specific emphasis on interpretation of qualitative data including data reduction, text management, coding, content analysis, and data trustworthiness. Prerequisites: HS 295, HS 267 (3 units)

## Public Health Core Courses

**HS 261 Principles of Epidemiology:** Introduction to epidemiologic concepts and methods with applications to public health practice for students intending to engage in, collaborate in, or interpret the results of epidemiologic studies in the scientific appraisal of community health. (3 units) Note: All students must complete a no-cost, self-paced, on-line epidemiology tutorial prior to taking HS 261.

**HS 262 Health Services Organization:** In-depth examination of the organization and administration of health services in the United States. Topics include health care economics, health service expenditures, insurance theory, comparative health systems, government role, cost containment and quality. (2 units)

**HS 263 Principles and Skills of Health Administration:** Application of administrative concepts and skills in health systems agencies. Includes decision-making, communication, funding, budgeting, marketing, personnel management, labor relations, planning, evaluation, and health promotion. (2 units)

**HS 265 Environmental Health:** Investigation of environmental health issues: risk evaluation, risk management, hazardous materials, occupational health and safety, plus air, water, and noise pollution. Learning fundamentals of managing environmental health problems. (3 units)

**HS 267 Computational Public Health Statistics:** Methods of public health and biostatistical data collection, management, analysis, and reporting using microcomputers, including the detection and control of confounding factors. (3 units) Note: All students must complete a no-cost, self-paced, on-line biostatistics tutorial prior to taking HS 267.

**HS 276 Community Organization and Health Promotion:** Advanced study of the principles, practices, and ethical considerations underlying community organization, health promotion, empowerment, and advocacy. Includes examination of the change process and introduction to the skills and tools of effective public health organizing. (3 units)

**HS 277 Multicultural Communication for Health Professionals:** Theories and skills of multicultural communication necessary for effective professional practice with diverse clients, communities, staff, and colleagues. Examination of concepts and indicators of cultural competence beginning with intensive self-study and concluding with community examples. (3 units)

**HS 295 Research Design and Methodology:** Multidisciplinary focus on general research methods such as the concept of scientific methods, the logic of research design and applicability of theoretical and experimental approaches in the health professions. (3 units)

## Fieldwork

**HS 291A Fieldwork Seminar:** Guidance for the fieldwork practicum. Emphasis is on preparation for fieldwork including (1) self-analysis of strengths, competencies, and professional development plans; (2) developing professional fieldwork objectives and (3) reviewing key concepts from health education core courses. (3 units)

**HS 291B Fieldwork Practicum:** Application of theory and skills in a health care organization, community, or worksite setting under the direction of a health education mentor. Planning, developing, implementing and/or evaluating community health education programs or research. Students complete 400 hours, full-time or part-time. (1 units)

**HS 291C Fieldwork Synthesis:** Critical reflection and synthesis of fieldwork experience, including lessons learned, organizational analysis, and professional self-assessment. (1 unit)

**SJSU MPH Distance Program**  
**Distance Education Classes for Cohort Beginning Fall 2010**  
 (Subject to change)

Year	Approximate Time Period	Sequence of Course Offerings	
First Year Fall semester	~August 4 – ~December 19, 2010	HS 200 Contemporary Practice: Public Health, Health Promotion, and Community Health Education (5 weeks) HS 201 Groups and Training: Theory and Practice (5 weeks) HS 261 Epidemiology (7 weeks)	
First Year Spring Semester and Summer session	~January 7 – ~July 25, 2011	HS 271 Theoretical Bases of Health Behavior (7 weeks) HS 272 Health Promotion Planning and Evaluation (7 weeks) HS 277 Multicultural Communication for Health Professionals (7 weeks) HS 262 Health Services Organization (7 weeks)	
Second Year – Fall Semester	~August 5 – ~December 20, 2011	HS 276 Community Organization and Health Promotion (7 weeks) HS 263 Principles and Skills of Health Administration (5 weeks)	Concurrent courses: HS 291A Fieldwork Seminar HS 291B Fieldwork Practicum/Experience
Second Year – Spring Semester	~January 7 – ~June 1, 2012	HS 267 Computational Public Health Statistics (7 weeks) HS 265 Environmental Health (7weeks) HS 269 Applied Data Analysis (7 weeks)	Concurrent courses: HS 291B Fieldwork Practicum/Experience (continued) (400 hours)
Second Year Summer Session	~June 2, - ~August 21, 2012	HS 293 Leadership for Health Professionals (5 weeks) Culminating experience Convocation	HS 291C Fieldwork Synthesis (5 weeks)

- Three on-campus meetings are required, including mandatory five day on-campus meetings of all students in mid-August during years one and two. At the end of the 2nd year, all students will meet for approximately three days in August for a wrap-up class session and attend the MPH Distance Convocation (graduation ceremony) that will be held at the end of that August meeting.
- All students must complete no-cost, self-paced, on-line epidemiology and biostatistics tutorials at least two-weeks prior to taking HS 261 Epidemiology and HS 267 Biostatistics, respectively.
- Above schedule is subject to some modifications.

## FREQUENTLY ASKED QUESTIONS ABOUT THE MPH DISTANCE EDUCATION PROGRAM

---

### General Questions

#### **What is the primary difference between the SJSU MPH Distance Education component and the regular campus-based MPH Program?**

Both are components of the whole SJSU MPH Program. The distance education MPH component uses a cohort model where students progress through the course of study in the same 25-27 member group for 2 years. The regular campus-based program offers students the flexibility of completing the program full-time in 2 years or part time in 3 to 7 years. The primary difference between the two is one of curriculum delivery – distance mode versus traditional on-campus mode. In addition, the distance component is entirely self-supporting. All distance expenses are paid from student tuition, whereas the regular campus program is primarily supported through state funds and student tuition and fees. The distance component is offered through the SJSU International and Extended Studies (IES) division and courses are offered through Special Session. However, the Distance Education degree is regarded by the University, and our public health accrediting body, as equal to the campus MPH degree. Therefore, your diploma will NOT indicate that you attended a distance program. It will be the same MPH diploma that the campus students receive.

#### **How is the SJSU MPH Distance Education component similar to the campus component?**

The distance and campus components are similar in that all students receive the same rigorous course content, with the same course learning objectives, and the same professional faculty. However, all distance courses are delivered online and students only meet once a year for about 5-days in San José. Course length varies from five to seven weeks for distance students. Courses are taught sequentially, and not concurrently, with the exception of some overlap during the field experience (internship). In addition, in most courses, distance students meet once a week online for a live class session via the Illuminate learning platform.

#### **Is the San José State University MPH program accredited?**

Yes. The MPH program was established in 1970 and first accredited by the Council on Education for Public Health (CEPH) in 1974. CEPH is the only organization that is approved by the federal government to accredit Graduate Public Health Programs and Schools of Public Health. Our graduate program has been fully accredited continuously since 1974.

Here is a listing of the CEPH accredited MPH programs and schools:

[www.ceph.org/i4a/pages/index.cfm?pageid=3344](http://www.ceph.org/i4a/pages/index.cfm?pageid=3344)

#### **Why is a CEPH accredited MPH degree important?**

Earning an MPH degree from a CEPH accredited academic institution is very important. Many federal, state, county, and local governments and agencies require that job applicants possess an MPH from a CEPH accredited institution. For example, the California Department of Health Services requires that applicants for the Health Education Consultant position must have "Possession of a master's degree with specialization in public or community health education awarded on completion of a program of study accredited by the Council on

Education for Public Health sanctioned by the American Public Health Association" (see: [www.dpa.ca.gov/textdocs/specs/s8/s8333.txt](http://www.dpa.ca.gov/textdocs/specs/s8/s8333.txt) )

### **What is the emphasis of San José State University's MPH program?**

The emphasis of our MPH program is Community Health Education. Our students take the same core public health courses (such as epidemiology, biostatistics, administration, and environmental health) as all public health students in the U.S., except that the majority of our students' coursework, and the focus of the program, is the philosophy and methods of community health education and health promotion. Our curriculum emphasizes the theories and skills necessary to promote public health with individuals, groups, organizations, and communities through educational programs and prevention initiatives, community organizing, capacity building, and policy advocacy. Students seeking MPH degrees with specialization such as epidemiology or health care administration should consider other programs or schools.

### **Who teaches in the SJSU MPH Distance Education component?**

The CEPH accrediting body requires that a significant proportion of the courses be taught by the regular full-time MPH program faculty -- all dedicated career professors. Although we employ excellent part-time faculty to complement the tenured and tenured-track full-time faculty, the regular faculty will teach between one and two MPH courses to each distance cohort. The part-time faculty is derived from very experienced public health professionals and professors from outside of SJSU. Some of these instructors are located in other academic institutions and some in professional public health settings. All of the instructors, including the regular MPH faculty, bring both strong academic preparation and community-based experience to their instruction.

### **How does the SJSU Distance MPH program differ from online MPH programs in other institutions?**

First of all, very few accredited public health schools or graduate public health programs offer an MPH degree almost entirely online. Some offer a combination of both online and classroom instruction, and in some cases require students to come to campus at least once if not twice each semester. The SJSU MPH program requires one five-day campus visit per year. In addition, our MPH program is located in the Department of Health Science within SJSU's College of Applied Sciences and Arts - the largest college in SJSU. SJSU has a student body of approximately 30,000 students. Some MPH programs in the health education specialty area are located within accredited schools of public health and some do not have 'walls' - since they are primarily online only institutions. Our program is classified by CEPH as a Graduate Public Health Program; we are not a school of public health. Schools offer MPH and doctoral degrees in a number of specialized areas (i.e., epidemiology, health policy, administration, social and behavioral sciences, as well as community health education). Regardless of the academic setting, the core curriculum of each public health program is the same. The differences are in the scope and breadth of the institution, the faculty research and community service interests, and the program's philosophy of master's level education. The best way to find out about these differences is to learn as much as you can about each institution, whether or not they are CEPH accredited, and then decide which learning environment and approach would be best for you.

### **How many units are required?**

The formal course of study requires 42 semester units and 400 hours of fieldwork. Core courses (Health Education Core and Public Health Core) comprise 37 units and fieldwork 5 units. In addition, all students must complete no-cost, self-paced, on-line epidemiology and biostatistics tutorials prior to taking HS 261 Epidemiology and HS 267 Public Health Statistics, respectively.

### **How long does it take to complete the MPH program?**

The program is designed for completion in 2 years. Most courses are taken sequentially, not simultaneously, in five to seven week periods per course. In most cases, course scheduling takes into consideration American holidays. Exact course dates for Academic Year Fall 2010 – Spring 2011 will be provided to applicants who are accepted and matriculate.

### **Are there any prerequisite courses?**

No. However, all students must complete no-cost, self-paced, on-line epidemiology and biostatistics tutorials prior to taking HS 261 Epidemiology and HS 267 Public Health Statistics, respectively.

### **Can I get academic credit for work experience?**

No, you cannot get academic credit for work experience.

### **Can I get academic credit for courses I have already taken?**

Up to nine units of previous coursework may be approved for transfer credit as long as they were not counted towards a previous degree. These units must come from San José State University, SJSU Open University, another academic institution, or a combination of both. Credit is only available for equivalent courses, as demonstrated by the course syllabus content, course learning objectives, textbooks used, and assignments. For example, let's say you attended a graduate public health program in Boston and completed a 3-unit graduate course in environmental health but moved to the Bay Area for employment reasons. Since you were not able to complete your MPH degree in Boston, and with appropriate review of the course's syllabus, content, and assignments, your Boston course would very likely transfer to the SJSU MPH program since environmental health is also required at SJSU. Approval of previous units is done on an individual basis by MPH Faculty Advisors after admission and requires review and approval by the Graduate Studies Division. **HOWEVER**, since we do not have electives in the MPH program, you must still enroll in the courses for which you receive academic credit and pay the tuition fee. Your previous academic work will substitute for the required MPH course work.

### **What are the academic expectations of the MPH Distance Education component?**

In one word: Commitment! Potential applicants must recognize that this is a very serious, fast-paced academic experience that is taught by career professors and public health practitioners. For some courses, there are only weekend breaks between each course. There is a two-week break during late December and early January and a short break in late July and early August. There is a heavy reading and writing load, as is typical of most public health graduate programs. Generally, students will read approximately 800 pages per course and have several writing assignments. Students can expect to spend at least 10 to 20 hours per week for each class. In effect, students must have excellent time-management

skills and be able to balance their professional, personal, and academic commitments. Most classes, but not all, will have a once-a-week live class session, using the Elluminate Live instructional platform. Students are expected to have good computer skills and easy and consistent access to the internet, since all assignments are downloaded from Blackboard and uploaded to Blackboard after grading. Small group assignments, and online team presentation assignments, are a part of most, but not all classes. Students in this program do not learn alone, they learn with their classmates. Overall, the distance faculty is seeking applicants who recognize the personal and continuous commitment necessary to complete a rigorous MPH degree in distance mode.

### **Is a thesis or project required?**

A thesis or project is not an option in the distance component. It is an option in the campus program. Distance MPH students fulfill the university's Graduation Requirement through a two-part culminating experience of examinations.

### **What does the Distance Program cost?**

Total tuition is \$21,924 for the 42 unit program, at a rate of \$522 per unit. This rate is fixed for the cohort admitted in fall 2010, throughout their 42 unit program, barring any unexpected state mandated increases. The fees are considerably lower than other CEPH accredited MPH Programs. Indeed, in comparison to other accredited MPH Programs offered on-line, with tuition costs ranging from approximately \$28,000 to \$60,000, the SJSU MPH degree is an educational and CEPH accredited bargain. The tuition is the same regardless of in-state, out-of-state, or international residency. The instructional fees do not include the cost of books and once a year travel to SJSU.

### **How can I find out more about the field of Health Education and Public Health?**

Talk with health educators and public health professionals in your community. You can also visit public health and health education websites for more information. SJSU faculty, alumni, and students are active participants in many of the organizations listed below:

	"What Is Public Health?" Project	<a href="http://www.whatispublichealth.org/index.html">www.whatispublichealth.org/index.html</a>
AAHE	American Association for Health Education	<a href="http://www.aahperd.org/aahe/template.cfm?template=main.html">www.aahperd.org/aahe/template.cfm?template=main.html</a>
APHA	American Public Health Association	<a href="http://www.apha.org">www.apha.org</a>
ASHA	American School Health Association	<a href="http://www.ashaweb.org">www.ashaweb.org</a>
CAMP	Council of Accredited MPH Programs In Community Health Education	<a href="http://www.mphprograms.org/pages/1/index.htm">www.mphprograms.org/pages/1/index.htm</a>
CNHEO	Coalition of National Health Education Organizations	<a href="http://www.cnheo.org/">http://www.cnheo.org/</a>
CPHA-N	California Public Health Association - North	<a href="http://www.cphan.org/">www.cphan.org/</a>
IUHPE	International Union for Health Promotion and Education	<a href="http://www.iuhpe.org">www.iuhpe.org</a>
NCHEC	National Commission for Health Education Credentialing	<a href="http://www.nchec.org">www.nchec.org</a>
SOPHE	Society for Public Health Education	<a href="http://www.sophe.org/">www.sophe.org/</a>
NBPHE	National Board of Public Health Examiners	<a href="http://www.publichealthexam.org/">http://www.publichealthexam.org/</a>

## MPH DISTANCE PROGRAM ADMISSIONS PROCESS FOR FALL SEMESTER

---

### Application Guidelines

The following guidelines are provided so that you can easily apply to the SJSU MPH Distance Education Program. Please email the Distance Education Director, Dr. Dan Perales, if you have questions.

**First of all: Choose a component--** Distance Education versus the regular Campus Program: The MPH Distance Education component is academically located within the SJSU Health Science Department and courses are taught by the Full-time tenured and tenured-track faculty and highly qualified faculty associates. Students interested in an SJSU MPH degree must choose one of the two programs. **Please note:** Applicants admitted into distance education cannot 'transfer' to the campus program after starting in the Distance Program, nor can students in the campus program transfer to the Distance Program. For information on the campus program, please visit the following website:

<http://www.sjsu.edu/healthscience/programs/mph/>

**Admissions:** New students are admitted to the MPH program only once a year during the Fall semester. Approximately 25 students are admitted each year as a two-year cohort.

**Distance Program Application Period:** Applications for Fall 2010 will be accepted starting October 1, 2009 and **the application deadline is April 15, 2010.** (Please note: the application period for the campus-based-- program ends March 15th, 2010).

**Overview of the Admissions Process:** Applying to the MPH program requires three steps. In Step 1, applicants first apply to SJSU Graduate Studies via the online CSU Mentor system. Subsequently, you must apply to the MPH Program by following Steps 2 and 3 below.

### Step 1. University Application:

Applicants begin the process by applying to SJSU via the online CSU Mentor system. This system is linked directly to the San José State University Graduate Admissions and Program Evaluations (GAPE) office. The GAPE office handles all of SJSU's graduate applications and decides on admissions to the graduate division based on grades. Applicants must be admitted by the Graduate Admissions and Program Evaluations office in order to be admitted by the MPH Program.

**Starting October 1, 2009,** applicants can access and complete a graduate admission online application at the following CSU website:

[http://www.csumentor.edu/AdmissionApp/grad\\_apply.asp](http://www.csumentor.edu/AdmissionApp/grad_apply.asp)

Once you enter CSU Mentor, you will need to click on the appropriate application period and create an account. Afterwards, you can access the application and complete the application. Please be sure to indicate that you are applying to the MPH Distance Education Program when you start the application process.

After submitting your CSUMentor application online, you will receive an **application confirmation number** from CSUMentor. You will need your **application confirmation**

**number** in order to access your GAPE application information and to complete MPH Program Application Step 2 below, so keep it in a safe place. In about a week after you apply on CSUMentor, your application will be uploaded into SJSU's CMS and a User ID and Password will be assigned to you as a future student. No more than six days later, you will receive another email from SJSU with the subject line of "Activate your **MySJSU** account." When you receive this information, you will be able to check the status of your application online using the **MySJSU** website.

When you complete the CSUMentor application process, please be sure to print out two copies of the application, one for your records and one to send to the Health Science Department as part of your MPH Distance Education Application Packet that you mail to the Health Science Department office.

Your application will not be evaluated by the MPH Program faculty until GAPE receives ALL of your official transcripts and documents. After GAPE has processed/verified your application, you will be able to see what specific documents Graduate Studies requires (except for documents required by the MPH Distance Program in Step 3) on your **To Do** list in the MySJSU website. In Step 1, you should send documents required by GAPE to the following address:

Graduate Admissions & Program Evaluations  
San Jose State University  
One Washington Square  
San Jose, CA 95192-0025

Please see the Graduate Admissions & Program Evaluations (GAPE) office website for more information on submitting official transcripts, CSU application fees, and entrance exams such as TOEFL for foreign students (if applicable) to SJSU:  
[http://www.sjsu.edu/gradstudies/Prospective/How\\_To\\_Apply.html](http://www.sjsu.edu/gradstudies/Prospective/How_To_Apply.html) .

Note: All matters relating to graduate admissions must be handled directly with SJSU's Graduate Admissions & Program Evaluations (GAPE) office. The Health Science Department staff is not involved in the graduate application process. As indicated above, you should be able to check on your application status via the MySJSU website (after you get your UserID and password from GAPE). If necessary, you can reach the GAPE office by calling (408) 924-2480.

## **Step 2. Online MPH Program Application Data Form:**

Please note, this step cannot be completed without first completing Step 1 above and acquiring your **application confirmation number** from CSUMentor.

All students must also submit an online MPH Distance Education Program Application Data Form. The form is available **after October 1<sup>st</sup>, 2009** on the Zoomerang website in the following link:

<http://www.zoomerang.com/Survey/?p=WEB229LN95VERK>

The information gathered in the online data form is similar to the information submitted in the CSU mentor site, but it allows the MPH Program to create its own data base for

processing applications and for accreditation reports. Please note, this step should not be completed without first completing Step 1, as you will need to enter your CSUMentor **application confirmation number** from Step 1.

### **Step 3. Distance MPH Program Application:**

The materials that you sent to GS&R in Step 1 are not copied by GAPE and forwarded to the MPH Program. Therefore, students must also submit an additional set of application materials to the MPH Distance Education Program in the Health Science Department. Specifically, your MPH application packet must include the following:

- A cover letter detailing what is included in the application packet and explaining when any items (i.e., transcripts, letters of recommendation, GRE scores) will be received if they're not included in your packet.
- Your Statement of Purpose (2-4 pages)
- A resume of your work and volunteer experiences. At least two letters of recommendation [preferably addressing your academic, professional, (and if applicable) your volunteer qualifications and potential]. Please note, we do not use a standardized letter of recommendation form. Letters should be sent directly from the reference person to the MPH Program in the Health Science Department (See address below). If you are relying on volunteer experience as an important part of your application, it is **strongly** recommended that your supervisor/mentor write a letter of recommendation.
- Academic Transcripts from any institution where you earned your bachelor's, master's, or an academic/professional doctorate (copies are okay, but originals **MUST** be sent to SJSU GAPE office)
- Copy of your 2-page SJSU graduate admission application (from Step 1 above).
- Official report of your GRE certificate; if applicable<sup>1</sup>,
- A stamped, self-addressed post card that will be sent back to you to verify that we received your application

The MPH Program cannot make a decision on your application until all required documents are received by both the MPH Program and SJSU's office of Graduate Admissions and Program Evaluations (GAPE) (with the exception of the GRE, if applicable – see footnote below) and completion of Step 2. The most common delay is applicants not sending official transcripts to GAPE in a timely manner.

We will establish an MPH Application folder for you as soon as we receive your packet of materials. Once the folder is established, all other materials will be filed as they are received throughout the application period. Please note that materials will not be added after the closing date, April 15th, 2010. **GRE scores, if required, must also be sent to the Department Office by April 15, 2010.**

Your application will not be evaluated by the MPH Program faculty until GAPE receives ALL of your official transcripts and documents.

---

<sup>1</sup> Applicants who have earned a master or doctoral degree (PhD, MD, DDS, etc.), can have the GRE requirement waived. Waivers are given on a case by case basis.

Please send your application materials to:

**MPH Distance Education Program  
Admissions Committee  
Department of Health Science  
San José State University  
San José, CA 95192-0052**

Please direct any application questions to Dr. Dan Perales at the following email address: [Daniel.Perales@sjsu.edu](mailto:Daniel.Perales@sjsu.edu) (email is the preferred method of communication).

Note: All application materials become the property of SJSU – no materials will be returned to the applicant. Re-applicants must submit all new material.

### **Admissions Decisions**

MPH admissions decisions are based on several factors, including academic preparation, work experience, evidence of commitment to public health, potential for contribution to the field, and the overall quality of the application. We appreciate the effort and sincerity that go into preparing graduate school applications. Please be assured that all of the materials in your admission folder will be thoughtfully reviewed by our MPH Admissions Committee.

Our goal is to admit a cohort of approximately 25 highly dedicated individuals, ready for graduate work, and committed to the principles and approaches of social justice, community health, advocacy, and health promotion. We particularly value diversity, practical community or health education experience, strong academic skills, and upper division course work in the health, social, and behavioral sciences. However, we also know that there are numerous paths to the same place. We welcome your application and will review your own unique path with careful attention to your preparation and potential contribution to public health and community health education. Please note: Applicants must be admitted by the Graduate Admissions and Program Evaluations office in order to be admitted by the MPH Distance Education Program.

**Commitment to Distance Learning:** Beyond the above criteria, we are also looking for applicant's who recognize the personal commitment and discipline that a distance education approach to learning will require for successful completion of the MPH degree. This learning method is appropriate for those who have good time management skills and can properly blend their personal and professional lives with the fast-paced demands of distance learning.

**Early Admissions:** Admissions decisions will be made in late April, with acceptance letters sent out by email in May. Completed applications received prior to March 15th may be eligible for Early Admission Decisions (notifications will be made by mid-April). Please do not call or email the Health Science Office or the MPH Distance Education Director for decision information.

**Waiting List:** A waiting list of no more than 10 students will be kept up until August 6, 2010. Students will be accepted from the waiting list in order of ranking by faculty.

**Registration:** If you are offered admission to the University, and the MPH Program, you will receive an electronic letter of admission from SJSU and an emailed letter from the MPH Distance Education Director. You will be able to use the same MYSJSU website to see when you will receive your registration appointment date for course registration. Course

registration and paying of student account bills are all done online. Please note, students have 14-days to pay for their courses after completing the online registration.

### Application Checklists

Below are two admissions checklists that you can use to ensure that you submit the correct materials.

Materials to be sent to the San Jose State University, <b>Graduate Admissions and Program Evaluations (GAPE)</b> , One Washington Square, San Jose 95192-0025	
<b>Official</b> transcripts from all college-level course work.	✓
Check or money order – refer to application instructions for the current GAPE application fee.	✓
<b>International students</b> must submit an <i>official</i> TOEFL and Degree certificates, and refer to the Graduate Studies and Research Office application instructions for any other required submissions of materials.	✓

*Note:* All matters relating to the graduate admissions must be handled directly with Graduate Studies and Research.

Materials to be sent to the MPH Distance Education Program, Admissions Committee, Department of Health Science, San José State University, San José, CA 95192-0052 ( <b>note different zip than GAPE</b> )	
A <b>cover letter</b> detailing what is included in the application packet and explaining when any items (i.e., transcripts, letters of recommendation, GRE scores) will be received if they're not included in your packet.	✓
A <b>Statement of Purpose</b> (2-4 pages)	✓
A <b>resume</b> of your work and volunteer experiences	✓
At least <b>two letters of recommendation</b> [preferably addressing your academic, professional, (and if applicable) your volunteer qualifications and potential]	✓
<b>Academic Transcripts</b> from any institution where you earned your bachelor's, master's, or an academic/professional doctorate (copies are okay, but originals <b>MUST</b> be sent to SJSU Graduate Studies)	✓
Copy of your SJSU <b>graduate admission application</b>	✓
<b>Official</b> report of your <b>GRE</b> certificate (if applicable) <b>due by April 15, 2010</b>	✓
Stamped, addressed <b>post card</b> that will be sent to you to verify that we received your application	✓

## FREQUENTLY ASKED QUESTIONS ABOUT MPH ADMISSIONS

---

### **Is it possible to start the MPH program in the Spring Semester?**

No. Students are admitted for the Fall semester only.

### **What are the program admission criteria?**

The basic academic prerequisite is a baccalaureate degree, with an overall minimum grade point average (GPA) of 3.0 in the last 60 semester or quarter-equivalent units. Strong writing skills and evidence of quantitative ability (through previous grades, and/or GRE scores) are also very important. Beyond a strong academic preparation, we look for people with multicultural experiences and those with a clear commitment to public health as demonstrated through their work or volunteer experiences and described in their application statement of purpose. At least two years of post-baccalaureate health related work experience. **However**, since this program was developed to meet the needs of health professionals without access to an accredited MPH program, our priority admissions will go to experienced professionals whose career paths and contributions to community health will be enhanced by an MPH degree. But, this does not mean that new professionals, with at least two-years of experience, will not be admitted into the program, as we value age diversity in our program. In addition, we are looking for students who indicate that they are FULLY committed to completing the distance program from beginning to end.

### **What should I say in my Statement of Purpose?**

The statement of purpose is the centerpiece of your application to the MPH program. It should clearly convey to the MPH Admissions Committee your reasons for wanting to study community health education and acquire an MPH degree at this point in your life. There is no required format for the 2-4 page statement. However, you will want to summarize the path you have taken so far, your goals and vision, and the commitments you bring to public health. Your statement should clearly explain why you have decided to pursue graduate training in community health education and why you would like to study at SJSU. Be specific, use examples, and craft this document carefully.

### **What should I include in my resume?**

Include everything that will help us understand the work you have been doing, your academic preparation, and your orientation to public health. You may include both paid and volunteer work experience, but please be sure to indicate time periods, including month and year you began and ended your work/volunteer experience, and whether the work was full-time or part-time. Be thorough and comprehensive, as this will help the admissions committee to assess your qualifications.

### **Who should write my letters of recommendation and is there a standard form?**

People who know your professional, academic, and/or volunteer experience work and potential should write your letters of recommendation. There is no standard form, but the people who write the letters should use their own letterhead and clearly indicate how and when they have observed your abilities. It is best to submit at least one letter from a professor and one or two from former or current employers. If it has been many years since you were in college, you can submit two letters from former or current employers. Two letters are required, but you are welcome to submit up to four letters, if you wish. The letters can be sent directly to the MPH Program or mailed with your application packet to the program. If you do the latter, please ask the writer to seal the envelope and sign over the back flap. If you are relying on your volunteer work as a primary example of your community health experience, you **must** get a letter from your supervisor on letterhead.

### **Is experience as a health educator required for admission?**

The MPH curriculum assumes that students have had at least a few years of work experience in health education, community-based programs, or other public health and health care settings. Work in the health field is very important, as our courses build on students' professional experiences. However, our experience has shown that people come to the field of public health from many different paths. The most important thing is that you explain in your application how your experience and academic preparation have led you to pursue an MPH degree and why you want a degree from San Jose State University.

### **Do I have to take the GRE?**

It depends. It is required by our accrediting body. However, if you have earned a master or doctoral degree (PhD, MD, DDS, etc.) from an American or Canadian institution, the GRE requirement can be waived. This waiver is granted on a case by case basis. If you took the GRE, but did not complete a graduate degree, you must retake the GRE if your scores are older than five years. Some applicants with an advanced degree may find that their application will be strengthened by taking the GRE anyway. Applicants with master's and doctoral degrees from foreign institutions must take the GRE (neither the IELTS nor the USMLE test can substitute for the GRE).

### **How important are the GREs?**

GRE scores are one of the indicators of an applicant's readiness and skills for graduate level work. The Admissions Committee considers GRE scores along with earned grades (particularly in social science, health, and math courses), work experience, and the statement of purpose. Although there is no GRE score cut-off point, low GRE scores will influence our admissions decisions, especially the verbal and writing scores, since excellent writing skills are a critical part of earning an MPH degree.

### **I earned my degree outside the U.S., must I take the TOEFL or IELTS exam?**

Students with fewer than three years of full time study where English is the primary language of instruction are required to demonstrate their English proficiency via the IELTS or TOEFL exam. The IELTS (International English Language Testing System) with a minimum score of 7.0 is required for all students who graduated from a higher education institution outside of the U.S., where the primary language of instruction was not English. The TOEFL can substitute for the IELTS. The minimum score required is 213 (computer

based), 80 (internet based), or 550 (paper based). The SJSU Graduate Division will accept ONLY the exam given by the Education Testing Service. TOEFL exams given by other colleges, language training programs, etc. will not be accepted. All test scores must be less than 2 years old. Test scores must be sent directly from the ETS office (SJSU institution code is 4687).

The latest admissions information for International applicants can be found at the SJSU GAPE site [http://www.sjsu.edu/gape/prospective\\_students/international/index.htm](http://www.sjsu.edu/gape/prospective_students/international/index.htm)

### **Can I take SJSU MPH courses in the Distance Education Program before being admitted?**

No. All MPH Distance Education Program courses must be taken through the Distance Education Program's Special Session Courses. Only students who have been admitted to the program can enroll in the distance education courses. However, it is possible to take undergraduate upper division courses at SJSU through Open University without being admitted to a particular program. Some prospective applicants decide to enroll in our Health Science Department upper division courses or take an upper division social science or writing course in another department before applying to the MPH program (or while their application is being processed) as a way of strengthening their academic skills and background. Presently, all Health Science undergraduate courses require campus attendance. Please note that taking courses before admission is not required and can be rather expensive. In addition, taking courses prior to admission does not guarantee a place in the MPH Program for the coming year.

### **Who makes admissions decisions?**

The MPH Admissions Committee is made up of at least three MPH Core Faculty members, including the MPH Distance Education Director. This committee reviews all applications and identifies applicants who meet the program's admissions requirements. However, offers of admission to the university can only be made by SJSU's Graduate Division. The MPH Distance Education Program cannot accept any student who has been denied admission by the Graduate Division due to low grades or, for international students, a low TOEFL score.

### **How can I find out the status of my application to the HS Department?**

It is your responsibility to make sure that all materials are sent to the Health Science Department on time. Be sure to make copies of everything! The MPH program will make every effort to notify you by email about the status of your application documents.

### **When can I expect to hear the decision?**

Admissions decisions will be made in late April, with acceptance letters sent out by email in May. Complete applications received prior to March 15<sup>th</sup> may be eligible for Early Admission Decisions (notifications will be made by early April). **Please do not call or email the Health Science Office or the MPH Distance Education Director for decision information.**

### **What are the most common reasons why people are not admitted to the program?**

There are three common reasons: 1) low grades, 2) insufficient work experience, and 3) lack of space. Overall GPA in previous college coursework must be a minimum 3.0 for admission to the MPH program. As we review each applicant, we look at the overall GPA as

well as earned grades for courses in the social sciences, health, and math/statistics. A pattern of low grades (anything below a B) in any of those course areas could negatively affect an MPH application. Work and/or volunteer experience is also very important and perhaps the most common reason that interested applicants are not eligible for admission. Most MPH students have had significant work experience (or sustained volunteer work) in community-based programs, health education, or the health field in general. In addition, to the above, the program is limited to accepting approximately 25 students per cohort.

**If admitted, how do I get oriented?**

Soon after you receive your email letter of acceptance, you will receive information about the August Orientation in San Jose and the academic sessions that will occur during your visit. In addition, you will receive information on your first two courses, including required readings and preparation for the first assignments. You will also receive information about online activities related to Blackboard and Elluminate Live that will prepare you for your visit. Specific dates will be provided in the future, but students should block-out the entire month of August for getting started.

Please see the Distance Program Application Guidelines in the website, for updated information on the application process.

### **Additional Guidelines for International Applicants**

The SJSU MPH Distance Education Program welcomes applications from international students, as we recognize that health professionals in other countries need access to graduate public health degrees, in order to address the increasingly complex public issues that they encounter. Below are some important facts to keep in mind as you consider the SJSU MPH Program. They are based on some of the questions received from potential international applicants.

- All international applicants MUST submit a Declaration of Finance (see website link below for more information). However, applicants should have the financial resources to successfully complete the distance program in the required 24-months. In addition to the approximately \$22,000 tuition fees for the entire 42 unit program<sup>2</sup>, students must also budget for the following:
  - Textbooks (~ \$80 - \$120 per course),
  - Air travel for three mandatory trips to San Jose,
  - Hotel room for 5 - 7day stay in San Jose (~\$100 per day in a shared 2-bedroom suite)
  - Food for 5 - 7 day stay in San Jose
  - Computer equipment and software
  - Consistent and reliable Internet access (internet café's are not appropriate)
- The SJSU MPH Program does not have graduate assistantships or scholarships for any students, regardless of residency.
- International students should plan on spending approximately 7 days in late August, 2010, 2011, and 2012 in San Jose. There are no other days required in the USA.
- The IELTS (International English Language Testing System) with a minimum score of 7.0 is required for all international students who graduated from a higher education institution outside of the U.S., regardless of academic degree. The TOEFL can substitute for the IELTS. The university minimum entrance score is 550 (paper based), 213 (computer based), or 80 (internet based). All test scores must be less than 2 years old.
- In addition to meeting the IELTS or TOEFL requirements, applicants should possess excellent English reading and writing skills.
- The GRE is required. The USMLE test cannot substitute for the GRE.
- Analysis of previous transcripts and degrees from universities outside of the U.S. for authenticity and evaluation of level of English instruction is conducted by the SJSU Graduate Admissions office only. Please note: Graduate Admissions does not accept copies of transcripts or opened transcripts.
- Potential applicants should be cognizant that Elluminate Live class sessions will occur in the early evening (Pacific Time), and depending on the student's time zone, may require 'attending class' in the early AM hours or during the normal work day.
- Additional information on SJSU requirements for international students, can be found at the following website:

[http://www.sjsu.edu/gape/prospective\\_students/international/index.htm](http://www.sjsu.edu/gape/prospective_students/international/index.htm)

---

<sup>2</sup> Note: Tuition fees are the same for ALL MPH distance students, regardless of residency.