



## Early College Human Health and Wellness Pathway

Get a head start on your UMaine degree! Free or reduced tuition for high school students

The Early College Human Health and Wellness Online Degree Pathway may lead to programs in a variety of majors including the following:

- Biology
- Kinesiology
- Nursing
- Nutrition and Food Science
- Pre-Med
- Social Work
- Zoology



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For Additional Info!

**Please note:** These pathways are designed to offer general exposure and opportunities to explore various content areas. If there is a specific major you are interested in, you are encouraged to discuss this with your pathway advisor to ensure the classes you are taking will fit into your desired degree program requirements.

# Human Health and Wellness Online Degree Pathway Course Checklist (14–16 Credit Hours)

## Core Course Degree Pathway Requirements (8 Credit Hours)

- INT 193: Introduction to Career Exploration and Development (2 Credits)
- FSN 101: Introduction to Food and Nutrition (3 Credits)
- PSY 100: General Psychology (3 Credits)

## Pick 1 General Education Option (3–4 Credit Hours)

- ECO 190: World Food Supply, Population, and the Environment (3 Credits)
- ENG 101: College Composition (3 Credits)
- MAT 122: Pre-calculus (4 Credits)
- PSY 241: Statistics in Psychology (4 Credits)
- STS 132: Principles of Statistical Interference (3 Credits)

## Pick 1 Recommended Electives (3–4 Credit Hours)

- BIO 117: This is Life! (4 Credits)
- CMJ 103: Public Speaking (3 Credits)
- LDR 100: Foundations of Leadership (3 Credits)
- SOC 101: Intro to Sociology (3 Credits)
- WGS 101: Intro to Women's, Gender, and Sexuality Studies (3 Credits)

**Students are encouraged to contact the Early College Counselor for potential course substitutions.**

## Completion of these majors allow students to pursue graduate studies or careers in the following fields:

- Dentistry
- Diabetes Educator
- Education
- Family Nurse Practitioner
- Medical and Health Services Manager
- Medical Doctor
- Medical Laboratories
- Nurse Educator
- Nurse Midwife
- Nurse, BSN/RN,MSN
- Nutritionist
- Optometry
- Pharmaceuticals
- Public Health
- Social Worker
- State and Federal Regulation
- Veterinary Science



For more information contact  
**207.581.8024 or [um.earlycollege@maine.edu](mailto:um.earlycollege@maine.edu)**  
**Apply now at [umaine.edu/earlycollege](http://umaine.edu/earlycollege)**



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