



PARKINSON
SCHOOL of HEALTH SCIENCES
AND PUBLIC HEALTH

Bachelor of Science in Public Health Spring 2022 Newsletter

Public Health Spotlight by Maria Price



Christie Asif, M.A.

Guidance for Your Career Journey: In Conversation with Christie Andersen Asif

After years of learning about complex public health issues in the university setting, how can students make the transition to meaningful careers that address public health in the real world?

The answer is to seek support and guidance as you discern and search for a career path that is right for you. **Christie Andersen Asif** is an experienced higher education career advisor supporting students and alumni from the Parkinson School, the Marcella Niehoff School of Nursing, and the School of Environmental Sustainability. In this interview with fourth year Parkinson student, Maria Price, Christie shares her thoughts on a range of topics including books that have inspired her and the joy of busy days spent teaching and helping both students and alumni manage career transitions.

What is the scope of your work at Loyola, and in the Parkinson school?

I started at Loyola in January of 2019, in Career Services, as a Career Advisor. The Career Services office is centralized, so this gives advisors the opportunity to work collaboratively while maintaining the ability to be dedicated to a specific school and their students. I began as an advisor at the School of Environmental Sustainability and the Niehoff School of Nursing. As Parkinson began to form, this presented new emergent growth opportunities for the office of Career Services. So too, Keith Kramer, Academic Advisor, and Dr. Julie Darnell, Program Director, presented an interest in cultivating the career services aspect of support for their students early on. As Parkinson's primary Career Services Advisor, the growth of the School and its community has been fun to see.

How has your role of Academic Advisor changed after your appointment as advisor to the Parkinson school?

It's like a blank slate because I started as the school was opening. My introduction into the Parkinson community has allowed me to become well connected with the faculty and staff in ways, I think, that were only made possible by virtue of the fact that the School is still very much in its infancy. The camaraderie among Parkinson staff and faculty has contributed to the very apparent emerging sense of culture within the school. This is unique from my previous experiences.

What has excited you about the addition of the Parkinson School to Loyola and the Chicagoland community?

I started just as Parkinson was inaugurated, so I was excited by the opportunity to develop new programs for students. I think that the opening of Parkinson helps to put a spotlight on the diversity of programs available at Loyola.

How does Parkinson's culture facilitate working with the Career Advising department? The main thing that stood out to me about the culture of Parkinson's is its sense of collaboration. We need to be connected and know that our work takes a village.

What does your day look like in this new position?

My days always look different, which I love. Using today as an example: I gave a presentation to a section of healthcare administration, then I left to teach my Strategies UNIV class, met with a student, am talking with you now, will meet with a student just after this and will end my day with class preparations and content development. I am very big on professional associations and am active on LinkedIn. These help me stay up on what is going on in the career sectors across various industries. One thing I found helpful in the pandemic was having increased ability to attend professional development conferences that were anywhere in the country.

Do you have any particular personal academic foci, and how do these inform your work as Career Advisor?

My background is in career counseling. What drives me is my interest in helping people, and people come to Loyola with this ethic in mind. The importance of healthcare is critical, and health care inequity is a tragedy. Being a part of student interest in making impact is very exciting for me.

What is the one book you believe every university student should read before graduating?

I cannot think of one book alone, but if I had to choose one it would be *No Man is an Island* by John Donne. I think this book informs life with a particular interest toward public health. Students should choose classes that push them to read works they would not have read otherwise. Always prioritize reading.

In your opinion, what makes Chicago's professional landscape attractive to public health professions unique?

There are so many high profile health organizations here. And here in the Midwest, people really are more collaborative. Chicago is a place with many inequities. This gives a good opportunity for students to see inequities at play.

From your interactions with Parkinson students, what unique qualities do its students possess?

There is an overall sense of optimism as students work to make an impact. I see resilient students seeking meaning and connection.

Diversity is a critical component of public health's practice. In what ways does Loyola's Career Center work to authentically prepare students to enter a workforce that requires such an emphasis of diversity?

I worry about the longevity of conversations on diversity, but I think we are very intentional about the way we discuss diversity, equity and inclusion with college students. Through my professional associations, I know that an understanding of equity and inclusion is definitely a career readiness standard.

The world is in a period of flux that many alive have never experienced. What characteristics or capabilities do you think will be required of emergent professionals?

Already we have seen the importance of being able to make adaptations, expecting the unexpected, and interdisciplinary collaboration. I think that resilience, self-knowledge, and emotional intelligence, and making a commitment to lifelong learning are also all important qualities for emergent professionals to have.

What positive phenomena have you observed about yourself, or your community, in the time since that start of the COVID-19 pandemic? How does this give you hope as you consider the future?

When COVID came, we were all taken for a loop. As things worked out...I hope that COVID results in higher investments in public health initiatives and healthcare equity.

Can you talk about how the COVID-19 pandemic has affected the job market?

One thing about the pandemic is that it is certain to influence pre-health programs and the number of pre-health students. I find it interesting that many pre-health students choose to be public health majors.

What was the last book you read for leisure?

I'm in the middle of reading *All the Light We Cannot See*. It's a WWII novel set in Europe about a blind girl, a boy who becomes a Nazi, and how their lives eventually intertwine.

What is your ideal breakfast? Why?

I'm a vegetarian, so I love the biscuit and mushroom gravy at the Long Room. I am more of a savory breakfast person!

If you need a laugh, where do you go or what do you do?

I first go to my six year old who is hilarious, and strange, and funny, and crazy all at once. Or, I'll find a funny TV show.

Christie Asif, Career Development Advisor, Sullivan Center, Suite 255, 773.508.7716, luc.edu/career/

Maria Price is a senior BSPH major and a 2021 Parkinson School Dean's Scholar.

BSPH Program Director's Note *by Julie Darnell, PhD, MHSA*



This newsletter highlights one of our key partners, Christie Asif, from Career Services. Christie was one of the very first people I met on the Lake Shore Campus. At our first meeting we cooked up a Professional Development Workshop Series that has grown from three events in the 2019-2020 academic year to eight this year. Christie has led many of these workshops, but we've also had students, alumni, faculty, and other Loyola staff come and share their wisdom and experiences. This series has flourished because of Christie's steadfast commitment, and has remained relevant due to the diverse array of voices who have enriched the conversation. Please consider sharing your career story at one of our future Professional Development Workshops.

I strongly value our partnership with Christie and Career Services. I like to say that the BSPH Program is unabashedly "career-focused," but I think an even better description is "*calling-focused*." Public Health is naturally a helping profession in which we are in service to others, particularly whole communities. There are myriad ways that public health professionals can serve others, such as:

- investigating health problems at the community level;
- providing patient care that addresses patients' social needs;
- collecting and/or analyzing data to identify health disparities or public health threats;
- promoting policies that improve health;
- creating/administering interventions that prevent disease or advance equity;
- partnering with communities to ensure residents live healthy lives;
- advocating for equitable access to care; and
- communicating with the public about public health concerns and how to live healthily.

A core mission of the BSPH Program is to help students find their calling and equip them with the knowledge and skills to go out into the world and make a difference in the lives of others.

Shout Outs to BSPH Students

We reached out to our BSPH students and asked them to let us know about recent happenings and achievements.

- **Ruslan "Mal" Malovanny**, BSPH senior, will serve in the Ukrainian volunteer army battalion to defend his family's home nation.
- **Aman Kothadia**, sophomore BSPH student, will assist Dr. Paula Tallman (LUC Anthropology) in Piura, Peru to conduct fieldwork for a research project "Water Insecurity and Gender-Based Violence." They are studying the correlation between water insecurity and violence against women and how the pressures put onto women translate into forms of violence as a result. They are working with Dr. Gabriela Salmon-Mulanovich who is a public health professional from Peru. This fieldwork will result in data collection which they will use in writing academic papers as well as a policy brief to detail interventions for supporting women in these water-scarce areas.
- **Vinti Bakhshi**, BSPH senior, was recently admitted to the Mailman School of Public Health at Columbia University.
- **Maya Roytman**, BSPH senior, has been accepted into the LUC Stritch School of Medicine.

- **Isabelle Stewart**, BSPH senior, has been accepted into the Indiana University Medical School for their Rural Medical Education Program.
- **Abby Doyle** and **Naomi Shah**, fall 2022 BSPH graduates, join May 2022 BSPH graduates **Chris Dominguez**, **Ellie Ernhart**, **Melissa Madrangca**, **Katrina McNew**, **Christina Paskon**, and **Emily Waskowitz**, in the new Parkinson BSPH/MPH dual-degree program. Congratulations to each one of our pioneering students!

Public Health Committee BSPH Program Representatives

Congratulations to our newly elected BSPH program students chosen by their peers to serve on standing Parkinson Public Health Department committees!



Aman Kothadia, BSPH sophomore, will be the BSPH student representative to the Public Health Programs Committee. Aman is also working towards a minor in Anthropology and he has a “strong passion for health equity and fighting against the disparities with our healthcare systems.”



Shanti O'Neil, BSPH sophomore, is representing the BSPH program on the Public Health Steering Committee. With her BSPH major and Biostatistics minor, she is grateful to be mentored by Parkinson faculty and is eager to use her personal experience “to help improve the public health degree programs” and that students are “being prepared to create their own career paths within the public health field.”

Public Health Club

Loyola’s Public Health Club (PHC) had the first PHC General Body meeting of the semester in which we highlighted our goals and potential upcoming events. The PHC Exec Board is currently in the midst of planning our next event which is an undergraduate student research panel regarding student experiences becoming involved in research at LUC. We wanted to create a panel run completely by undergrad students and provide our tips for reaching out to professors while sharing our projects with those who are interested. This is an incredible opportunity, especially for underclassmen, who want to become involved with research early in their college career. More information will be released soon in our PHC Newsletter.

PHC Committee Updates:

- **The Advocacy Committee** is currently working with Howard Brown Health and Collective Chicago and is planning a virtual Narcan presentation highlighting training for opioid abuse.

- **The Education and Outreach Committee** is working on writing pieces regarding AI in healthcare, COVID-19 and misinformation, climate change and public health, as well as alcohol and substance abuse in healthcare. They are also planning on collaborating with the Media Committee to re-do the PHC website.
- **The DEI Committee** is currently working on establishing a book drive with local schools. This will be done in collaboration with the Advocacy Committee.
- **The Media Committee** is currently at work on establishing a new Public Health Podcast for the Loyola community. Our first podcast episode will detail the lack of contact tracing at Loyola and its impact on vulnerable student/staff populations.
- **The Mentorship Committee** is preparing presentations to local high schools to help educate the community about public health disparities while introducing public health topics to high school students.

We are excited about all that we have planned for this semester. The PHC Exec Board is hard at work to provide amazing opportunities to our students and working on all of these committee projects. If any students have any questions or want to reach out to become involved, please contact us via email: lucphc@gmail.com.

Stay healthy and safe!

Undergraduate Public Health Fall 2022 Courses

PUBH 300, Introduction to Public Health (*open to rising sophomores and higher and a limited number of non-majors*)

Wednesdays, 2:45 – 5:15PM, Anthony McIntosh **(4783)**

Mondays, 4:15 – 6:45PM, Anthony McIntosh **(5809)**

PUBH 304, Health Behavior & Health Promotion

Tues/Thurs, 1 – 2:15PM, Sparkle Springfield **(3955)**

PUBH 306, Critical Thinking in Public Health (Writing Intensive Course – WI)

Tues/Thurs, 10 – 11:15AM, Julie Darnell **(5055)**

PUBH 307, Foundations of Public Health Policy (Writing Intensive Course – WI)

Tues/Thurs, 11:30 – 12:45PM, Michelle Kavooosi **(5075)**

***If you are considering the BSPH/MPH dual-degree (five year) program, please contact Keith Kramer before enrolling in PUBH 307, HSM 210 or ENVS 380 this term.**

Parkinson Professional Development Workshop Series

A collaboration between Career Services and the Parkinson School, the Parkinson Professional Development series will end with the following two offerings:

Finding Your Value, Tuesday, March 22nd from 4 – 5 pm

- This skill-building session is designed to help you identify and articulate the value you bring to potential employers.
- Career Development Advisor Christie Asif will share perspectives on what employers are seeking in new graduates, and will walk through integrating a strong sense of value in your materials and interview.
- Open to all students

Parkinson Alumni Panel, Friday, April 8th from 12 – 1pm

- Join us as graduates from Parkinson School majors share their journey and tips for a successful college to career transition.
- Panelists will be listed on Handshake prior to the event.
- Open to all students

Register: <https://luc.joinhandshake.com/edu/events/921747>

Connect: <https://luc.zoom.us/j/81620141581>

For a full listing of this year's workshops and previous year's (with recordings), please visit the [BSPH Student Sakai site](#) or the [BSPH News web page](#) (scroll down).

Resources

Public Health Resources:

- [Public Health Job Board](#)
- [Career Services](#), Christie Andersen Asif, Career Development Advisor (Health Sciences), casif@luc.edu
- [Library Resource: Public Health Guide](#)

Student Support Resources:

- [Parkinson School of Health Sciences and Public Health Student Handbook 2021-2022](#)
- [Student Accessibility Center](#)
- [Tutoring Center](#)
- [Writing Center](#)
- [Center for Student Assistance and Advocacy \(CSAA\)](#)

Interested in Contributing to the BSPH Newsletter?

We are always looking for new content for the BSPH Newsletter. Students may hone their communication skills, share their thoughts, interests, and ideas on a variety of public health topics. Email Keith Kramer, kkramer4@luc.edu.

For more information about the B.S. in Public Health program, please contact:

Keith Kramer, BSPH Program Coordinator/Advisor, kkramer4@luc.edu

Julie Darnell, PhD, BSPH Program Director, jdarnell1@luc.edu



Think Spring!

Know someone who is interested in public health? Please share this newsletter.