



College of Health and
Behavioral Studies

Summer Orientation 2024

Department of Health Professions

Department of Health Sciences

Department of Kinesiology



JAMES MADISON UNIVERSITY®

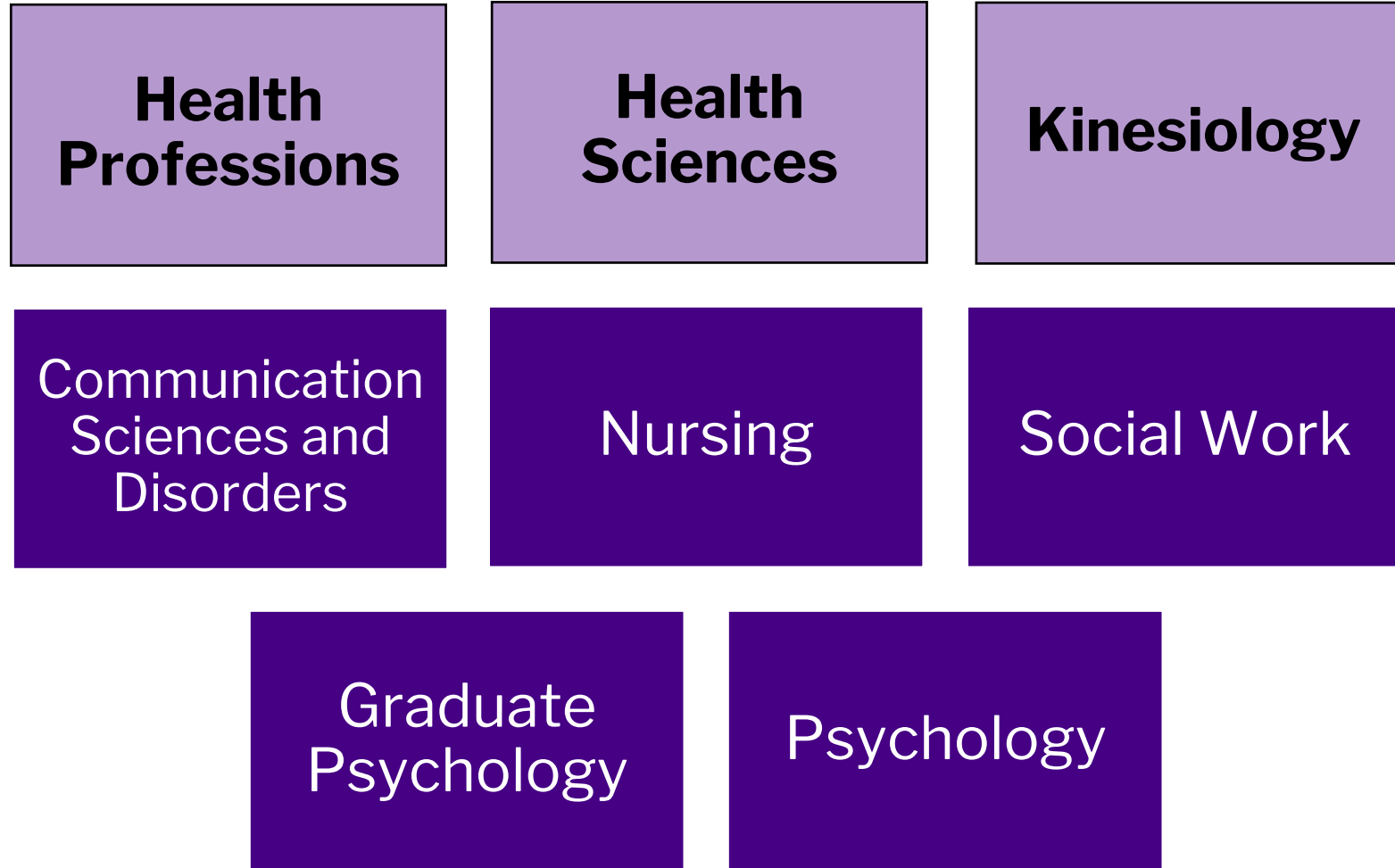


BEING THE
CHANGE.

Introductions & Our JMU Stories

About CHBS

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Connection of Degree Programs

Health Sciences

B.S. in Health Sciences

Emphasis on understanding the causes of disease, strategies for promoting wellness, and behavior change through public health perspective

- Using tools of epidemiology and basic research methods
- Introduction to infectious and chronic disease and health determinants

Kinesiology

B.S. in Kinesiology

Exercise Science

- Emphasis on physiology of exercise and physical activity

Physical & Health Education

- Emphasis in teaching pre K-12

Health Professions

B.S. in Dietetics

- Emphasis on nutrition and physical activity

B.S. in Health Services Administration

- Emphasis on healthcare leadership

You have the ability to explore these degree programs within your first year of undergraduate studies

Degree Programs Considerations

Health Sciences

Major change deadlines exist to change major into/out of Health Sciences (September 15 & February 15)

Other important courses for students in CHBS

- Math
- Biology, Chemistry, Physics
- Anatomy & Physiology

Kinesiology

Exercise Science

Requires admission application to take upper-level courses (March 15 & October 15)

Physical & Health Education

Progression standards

Health Professions

B.S. in Dietetics

Requires admission application to take upper-level courses (February 15)

B.S. in Health Services Administration

Requires admission application to take upper-level courses (September 15 & February 15)

Pre-Professional Health Minors

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Interested in a career in one of these fields?

- Be sure to mention this to your Academic Advisor this afternoon.
- Your Academic Advisor will be able to help connect you to a PPH minor advisor
- Declaring the minor helps you plan your schedule and provides access to resources



Pre-Dentistry



Pre-Physical Therapy



Pre-Medicine



Pre-Optometry



Pre-Pharmacy



Pre-Veterinary Medicine

JMU Graduate Programs



Pre-Athletic Training

3+2
Available



Pre-Occupational Therapy



Pre-Physicians Assistant

Engaged Learning Experiences



State-of-
the-Art Labs

Study
Abroad

Research

Clinical &
Field
Placements

Inter-
disciplinary
&
Inter-
Professional
Education &
Practice

Engagement within Your Major

Health Professions

- Madison Athletic Training Student Association
- Health Administration Student Association
- JMU Dietetic Association
- JMU Physician Assistant Student Society
- JMU Student Occupational Therapy Association

Clinics

- Occupational Therapy Clinical Education Services Clinic
- Suitcase Clinic

Health Sciences

- Eta Sigma Gamma (Health Sciences Honor Society)
- Health in Color

Involvement Across Units & Programs

Phi Epsilon Kappa
Pre-Med Association
Pre-Occupational Therapy Association
Pre-Physical Therapy Society
Pre-Physician Assistant Club
Coalition of Occupational Therapy
Advocates for Diversity

Kinesiology

- Kinesiology Club
- Human Performance Lab

Centers & Institutes

- Empowerment3
- Health & Physical Activity Institute
- Morrison Bruce Center

Community Building Activity

Common Ground

- Break into small groups (3-4 individuals)
- Each group has to identify 5 commonalities that are shared
 - Cannot include major or academic courses
 - Cannot include physical characteristics visible
 - Eye color, Hair color, etc.
- 1 individual from each group will report out what commonalities were uncovered



Developing an Academic Mindset: Expectations of CHBS Students

Attend class regularly

- Review the attendance policy for each course
- Many courses have a maximum number of absences allowed

Engage with material outside of class

- Spend 2-3 hours per week outside of class (for each class)

Attend office hours as needed

Complete all course work on time

- Mark dates in your calendar for assignments & exams
- Dues dates are requirements (not suggestions)
- Review if late work is accepted for each course

All of this information
will be found in your
course syllabus

Transition to College Coursework

The expectations regarding course work will be different from what you are used to in high school

1. Increased independence
2. Fewer (to no) reminders of assignment deadlines
3. Learning strategies will need to change
 - Less emphasis on memorization
 - Will need to retain information beyond the first test
4. Requires time management to balance time and studying
5. Get yourself organized
 - Weekly planner
 - Electronic calendar
6. Ask for assistance!



Supporting You: How to Handle Academic Issues that Arise

Contact the faculty member directly

- Questions about assignments
- Strategies for success in a class
- When having difficulty in a class

Contact your academic advisor

- Questions about your course schedule
- Interested in changing majors
- Interested in adding/dropping a minor

Contact the Academic Unit Head

- Concerns with a faculty or staff member

Secrets to Success at JMU

Seek out relationships with faculty and staff

- Find a mentor(s)
- Use your advisor as a resource
- Go to faculty office hours
- Participate in faculty research

Engage in class

- Attend regularly
- Be prepared for class
- Read materials prior to coming to class
- Develop good study habits

Get involved on campus

- Balance fun and learning
- Take advantage of the campus recreation centers and resources
- Look into discipline-specific student organizations and clubs



Secrets to Success at JMU

Student Success Center – Academic Support & Assistance

Peer-Assisted Study Sessions (PASS)	Student-facilitated academic support from students who have successfully completed the course.
Science and Math Learning Center	Assists students in understanding course content, homework assignments and labs in first and second year physics, chemistry, math, and statistics courses.
University Writing Center	Empowers students to develop writing skills and confidence by providing one-to-one consultations, resources, and workshops.
Learning Success Strategies	Provides individualized, student-centered life skills and learning strategies coaching designed to engage all students in accessible and inclusive learning to increase student success and well-being

Secrets to Success at JMU

Student Success Center – Personal Support & Assistance

University Career Center	Supports students in career development and academic decision-making.
University Counseling Center	Provides the highest quality individual and group counseling to students struggling with problems common to a college population.
Office of Disability Services	Collaborates with the JMU community providing programs and services that support the university in creating inclusive, equitable environments that value disability, diversity and accessibility

Your Goal: Graduation

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Topics to Discuss at Meeting With Academic Advisor

1. Interest in Study Abroad
2. Interest in declaring a Pre-Professional Health Minor
3. Unsure of current major and career aspirations (UNST 102)
4. Best way to communicate/schedule meetings with academic advisor
5. Where is your academic advisor's office



TRYING TO FIND THAT "PERFECT FIT" HERE AT JMU??

UNST 102 COURSE

IS AN OPPORTUNITY FOR YOU TO
EXPLORE YOUR INTERESTS TO FIND YOUR
BEST FIT MAJOR, MINOR, AND/OR CAREER



Important Dates for Fall Semester

Semester Dates

First Day of Classes

- Wednesday, August 21

Fall Break

- October 16-20

Thanksgiving Break

- November 25-29

Winter Break

- December 16

Enrollment Dates

Add/Drop Deadline

- August 30

Mid-Term Grades Available

- October 15

Course Adjustment Deadline

- October 23

Reach out to us! We're here for you!



Dr. Kirk Armstrong, Academic Unit Head, Health Professions

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