



HUMAN BIOLOGY

PROGRAM AT
HUNTER COLLEGE

Pro Tips

Graduating with Honors in Human Biology

Departmental honors appears on your transcript and can boost your graduate/health program applications. Additionally, having an internship or independent study experience will help you identify a career path that is best for you.

Honors Requirements

- 3.5 GPA in your Human Biology major**
- 3.0 GPA at Hunter College overall**
- complete a 3-credit independent study or internship through Human Biology (HMBIO 40203 or HMBIO 40303)**

Checking Your Eligibility

- ✓ **Check your general Hunter GPA.** View your overall GPA on the top right corner of your DegreeWorks page. At the time of graduation, you need to have a 3.0 GPA.
- ✓ **Calculate your major GPA.** In order to determine honors eligibility, the Human Biology Program calculates your major GPA by hand. For honors eligibility only, Human Biology counts a "CR" grade as a C. Additionally, we include all attempts of major courses-- D grades included. To calculate your GPA yourself, you can use an online GPA calculator. At the time of graduation, you need to have at least a 3.5 major GPA. This GPA includes courses taken in your last semester.
- ✓ **Complete an internship or independent study for three credits.** Find an internship or independent study opportunity and, prior to the start of your experience, complete the proper form on our program's website. Once your experience is approved, you will be able to enroll for three credits for your time. You must enroll in HMBIO 40203 or HMBIO 40303 prior to the start of your internship. We cannot grant credit to past internship or independent study experiences.

Internship or Independent Study?

An **internship** is a one semester experience, usually completed within a clinical environment or organization outside of Hunter College, in which a student can obtain hands-on learning opportunities. An **independent study** is completed within an on-campus laboratory at Hunter College, during which a student maintains a position as an undergraduate researcher and aids a Hunter professor with their current research project.



CONTACT US

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Internship or Independent Study?

While considering which opportunity is best for you, try reflecting on the following questions:

- ✓ **Which courses within your major have interested you most?** This can help you identify a department with which you would be interested in conducting research, or what type of responsibilities you would be interested in having during an internship.
- ✓ **What is your preferred environment?** An independent study involves conducting research in an on-campus research lab, where you will work with several other peers as well as your mentor professor. An internship's setting can vary. Be sure to look into an internship's site, as you will need to travel to that location often.
- ✓ **Which experiences will prepare you for your career goals?** While lab experience would be most beneficial for a student interested in a career in academic or research, a student planning to become a PA may prefer an opportunity to work with patients. Some graduate programs also require clinical hours or other experiences that will prepare you for their coursework.
- ✓ **What is your schedule?** Your three-credit experience in an internship or independent study should equate to about 120 hours. However, an internship may require one full day of service per week, while an independent study may require several hours multiple times per week. It is best to look into the time requirement for the opportunities that interest you most.
- ✓ **Do your research.** Looking into both internships and independent studies will ensure that you find the experience that is the best fit for you. Remember that the purpose of this experience is to learn new things; try to challenge yourself to an opportunity that will push you to your potential.

What's Next?

- ✓ **Search for opportunities.**
 - For internships, the best place to start is the Human Biology Program's website. Additionally, you can review the websites of your local hospitals, clinics, and organizations for internships. Hunter's Career Development Services office also has great resources for finding internships within Human Biology. If you are interested in healthcare opportunities, you can also sign up for the PreHealth Advising office's email list, even if you are not a PreHealth student. **Remember that an internship needs an academic component.** Will you be discussing the latest research, attending lectures, or working on a project? If the responsibilities seem simple and repetitive, that internship may not be approved as a honors-level experience.
 - For independent studies, see our *Pro Tips: Emailing a Professor* handout. Do some research on the faculty within your desired department, and then use our email template to reach out for a meeting.
- ✓ **Complete the proper internship or independent study approval form on our program's website.** Please submit this form as soon as you have secured an opportunity. This form must be completed and your experience must be approved prior to the start of the semester in which your experience will take place. After your form has been approved, you will be given permission to register for the three credit-course. A short paper describing your experience will also be due near the end of the semester. Keep in mind that you will receive a grade for your internship or independent study based on your performance as reported by your supervisor.