



Public Health Program

Bulletin

Academic Year 2025-2026

For more information, contact:

Ashley Bayne, Public Health Program Assistant Director

701.777.6368

ashley.bayne@UND.edu

Or go online at:

www.med.UND.edu/mph

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Welcome

Welcome to the Public Health Program at the University of North Dakota! You are about to embark on an exciting and important journey. Together, we will work to create an intellectually challenging and socially engaging experience that provides graduates with the motivation, skills, and knowledge to improve health in communities and populations, particularly in the Northern Plains. As part of our support for your journey, we have developed the *MPH Bulletin*, which contains a wealth of information to help you succeed. Please keep and refer to it as you progress through the program.

Consistent with the public health approach, our educational, service, and research initiatives stress an ecological understanding of health problems and a systems approach to developing innovative solutions for them. In keeping with this orientation, our program draws its faculty from many disciplines representing the health, social, engineering, management, and behavioral sciences.

The MPH degree has three specializations – Population Health Research & Analytics, Health Management & Policy, and Indigenous Health. Each specialization prepares students for the work of population health improvement in the diverse communities of the Northern Plains and similar regions. Understanding the multiple determinants of population health – medical care, public health interventions, the social environment, the physical environment, and individual behavior – and learning how to optimize population health are complex, fascinating, and important undertakings.

Once again, we welcome you to the Public Health Program and trust that each of you will challenge yourself to develop new ways to solve our complex health problems. We hope that with the knowledge and skills you gain as a student in the Public Health Program you will help to lead our region and world to better health!

Ashley Bayne, MPH

Assistant Director, Public Health Program

About the Public Health Program

North Dakota is situated in the Northern Plains, and the Public Health Program reflects and responds to our location. There is much diversity within the Northern Plains, as North Dakota illustrates well. There are booming towns in the oil and gas fields in the west, agricultural communities in the rich Red River Valley, American Indian reservations in the central plains, frontier locales, and small cities throughout the State. These areas are continually changing in multiple ways including population size, economic basis, and culture. The Public Health Program at UND emphasizes, and is enriched by, the diversity and change within the Northern Plains.

The mission of the Public Health Program is to promote health and well-being and develop a culturally aware public health workforce through innovative and collaborative approaches to education, scholarship, and service within local communities, our region and the world.

The goals of the Public Health Program are:

- **Goal 1: Student Success**
Equip students with professional competencies, broad evidence-based knowledge, and critical thinking skills necessary to excel as public health professionals and leaders.
- **Goal 2: Instruction**
Provide high-quality education and promote student-engaged learning through coursework delivered by skilled faculty using interdisciplinary and innovative delivery methods.
- **Goal 3: Scholarship**
Evaluate critical public health issues and develop solutions through creative and collaborative local, national, and international research endeavors that reflect our values and those of the communities we serve.
- **Goal 4: Service**
Cultivate and support interdisciplinary partnerships that promote health and well-being, and a lifelong passion for learning and leadership through engaged professional and community service.

Our Partners

Within UND, the Public Health Program is in the School of Medicine and Health Sciences (SMHS). The SMHS includes one of the nation's most respected community-based medical schools, as well as other clinical programs of excellence including physical therapy, occupational therapy, clinical laboratory science, and physician assistant. The preeminent Center for Rural Health is in the SMHS, as are the Rural Opportunities in Medical Education (ROME) program and the Indians into Medicine (INMED) program, which prepare native students for careers in the health professions. Our close partners at the University include the INMED program, the Center for Rural Health's National Indigenous Elder Justice Initiative, and the Native Research Health Team. Other close partners at UND include the Nistler College of Business and Public Administration, the Department of Kinesiology and Public Health Education, which offers the undergraduate public health degree, and the Health and Wellness Hub, a premier,

comprehensive, university-wide health and wellness program for students, faculty, and staff. The Health and Wellness Hub is the lead unit for the Partnership for a Healthier America's Healthy Campus Initiative, of which UND is one of only 20 campus members in the nation.

Outside of UND, the Public Health Program works closely with the entire North Dakota public health community, particularly the North Dakota Department of Health, the Grand Forks Public Health Department, and the NorthEast Public Health Collaborative, which represents the eight local public health units in the northeast corner of North Dakota. Community partners include Live Well Grand Cities, which is the network of organizations that advocates for health and wellness in the Greater Grand Forks community. Every major health-related private and public organization in the area is a member of the Coalition.

MPH Curriculum

The MPH degree requires completion of 42 or 43 credits based on the selected specialization. The curriculum consists of a 21 credit core that includes planning and management, public health and health care systems, environmental health, biostatistics, public health communication, public health leadership and interprofessional practice, epidemiology, and health policy; 12 credits in a specialization of either Health Management & Policy or Indigenous Health, or 13 credits in a specialization of Population Health Research & Analytics; a 3 credit elective; a 3 credit Applied Practice Experience (APEX), and a 3 credit Capstone Experience consisting of a Integrative Learning Experience (ILE) and a Seminar. The APEX is described in the *APEX Manual*. There is also an *ILE Manual* to guide students. Each of these documents is provided to new students in the Orientation Binder and is also available on the MPH website or from the Public Health Assistant Director. The [MPH website](#) contains the most up-to-date information about the program.

Because of the diversity of our students, the program is designed for full and part-time study, as well as distance education through synchronous and asynchronous delivery.

Graduate Certificates

The Graduate Certificate in Public Health is offered as part of the MPH Program. It is designed for people who wish to obtain formal training in public health, but do not want to earn the MPH degree. These include people currently working in the public health and health care fields, as well as others. The Graduate Certificate in Public Health requires completion of 12-13 credits.

Students may earn the certificate in one of three areas of emphasis: General Public Health (13 credits), Population Health Research & Analytics (13 credits) or Indigenous Health (12 credits). Each area of emphasis requires completion of 13 credits. All credits from the certificate program can be transferred into the MPH degree, if the student wishes. In addition, some students who complete the Graduate Certificate in Public Health will be eligible to sit for the Certified in Public Health (CPH) examination (see CPH eligibility requirements for more information).

In addition, the Public Health Program encourages students to complete graduate certificate programs in one of the following UND programs: Geographic Information Science (GISc), Policy Analysis, or Social Entrepreneurship. These programs will enhance skills and expand job opportunities for MPH students.

MPH Core Faculty

Population Health Research & Analytics

Cristina Oancea, MS, PhD

Ashley Snyder, MPH, PhD

Andrew Williams, MPH, PhD

Health Management & Policy

Laura Hand, MPP, PhD

Amber Lyon, MS, PhD

Sosthene Siyou, DHed, MS, CHES

Indigenous Health

Brynn Luger, PhD, LPCC

Grace Karikari, MPH, PhD, CHES

MPH Curriculum

The MPH Core curriculum covers all required areas for accredited public health programs including evidence-based approaches to public health, public health and health care systems, planning and management to promote health, policy in public health, leadership, communication, interprofessional practice, and systems thinking. The MPH has three specializations – Population Health Research & Analytics, Health Management & Policy, and Indigenous Health. Each prepares students for the work of population health improvement in the diverse communities of North Dakota, the Northern Plains, and beyond. In addition to providing specialization-specific training, all specializations promote the development of critical thinking, problems solving, and communication skills. The curriculum is competency-based, and a list of competencies for the core and specializations are found on the [MPH website](#).

The MPH curriculum is summarized below. See the [UND course catalog](#) for full course descriptions.

MPH Core (21 credits)

PH 504: Public Health Management, Planning, and Health Care Systems

PH 520: Environmental Health

PH 531: Biostatistics 1

PH 541: Public Health Communication

PH 545: Public Health Leadership and Interprofessional Practice

PH 551: Epidemiology 1

POLS 552: Health Policy

MPH Specialization (12/13 credits)

Population Health Research & Analytics

Health Management & Policy

Indigenous Health

MPH Electives (6 credits)***MPH Practice Experience (3 credits)***

PH 594: Applied Practice Experience

MPH Culminating Experience (3 credits)

PH 590: MPH Seminar

PH 995: Integrative Learning Experience

MPH Specializations

The MPH specializations provide integrative, creative, and practical learning experiences that foster intellectual growth, critical thinking, and essential problem-solving and communication skills around issues of population health improvement. Graduates are prepared to work in many regional, national, and international settings including public health and other government agencies, health care delivery organizations, health plans, non-governmental health organizations, and academic institutions.

Population Health Research & Analytics

Credible research is critical to all public health and health care organizations, private and public. The results of research tell us what health problems a population experiences, the origin of these problems, and the effectiveness of programmatic and policy remedies. Research results become the basis for strategic planning, performance improvement, and justification of funding. This specialization prepares students to produce convincing and scientifically sound information to answer questions about population health, evaluate the effectiveness of interventions, and provide the basis for improving health policies and programs. The course of study includes training in research methods, biostatistics, informatics, and communication of scientific results. Students learn how to design outcomes studies, collect and analyze population health data, and work with large data sets.

Required Courses (13 credits)

PH 505: Introduction to Data Management in SAS

PH 532: Biostatistics 2

PH 533: Advanced Biostatistics

PH 550: Population Health Research Methods

PH 552: Epidemiology 2

Health Management & Policy

The U.S. health care system is rapidly evolving due to public and private efforts to improve quality and

outcomes, control costs, increase efficiency, and expand equitable access to care. Ongoing health policy reforms and innovations in areas such as patient safety, health information technology, and value-based care continue to reshape health care delivery. This specialization prepares students to navigate this dynamic environment by developing skills in health care management, health policy analysis, data-informed decision-making, and effective communication to drive improvements across the health care system.

The specialization in Health Management & Policy is offered in partnership with the Department of Political Science and Public Administration in the Nistler College of Business & Public Administration (NCoBPA). This partnership adds depth to the faculty expertise and course offerings available to MPH students in the specialization. Students who wish to specialize in management and policy are admitted to the MPH Program and take the MPH Core courses first, followed by specialization courses. The members of the MPH Core Faculty for this specialization have joint appointments in the MPH Program and the NCoBPA.

Required Courses (12 credits)

PH 555: Health Law and Policy Analysis

PH 572: Health Care Budgeting and Finance

PH 583: American Indian Health Policy

POLS 551: Health Administration and Organization

Indigenous Health

The Indigenous Health MPH is designed to provide students with a critical understanding of determinants of Indigenous health and solutions to health disparities. Students will examine Indigenous populations, histories, cultures, societies, traditional healing systems, food sources, patterns and impact of colonization, and health inequity. Students will also evaluate the impact of historical and ongoing traumas associated with colonization and colonialism, explore Indigenous concepts of health and healing, and will synthesize new approaches of moving toward health equity in a culturally relevant manner. Indigenous populations include American Indian/Alaska Native, Canadian First Nations, Inuit, Sami, Aboriginal Australian, Maori, Ainu, and Pacific Islanders, among others.

Required Courses (12 credits)

PH 581: Principles of Indigenous Health

PH 582: Social and Ecological Determinants of Indigenous Health

PH 583: American Indian Health Policy

PH 584: Public Health Programming in Indigenous Populations

MPH Applied Practice Experience (APEX)

The APEX is a 135-hour practical public health experience in an organization that provides a public health service. Affiliation agreements have been developed with local, national, and international public health

sites. Students can also request a APEX site without an existing affiliation agreement, but this must be done a minimum of 3 months in advance of the APEX start date to ensure that a working agreement can be established. Examples of current APEX sites include the North Dakota Department of Health, Grand Forks Public Health Department, Fargo-Cass County Department of Health, Altru Health System, Sanford Health, Fred Hutchinson Cancer Research Center, Southern Research, and the Center for Rural Health. The APEX is required for the MPH degree, and it may be completed during any semester during the year or span up to three semesters.

The *APEX Manual*, *APEX Forms*, and list of APEX Sites are available from Ashley Bayne, Public Health Program Assistant Director, at ashley.bayne@UND.edu or on the [MPH website](#).

MPH Program Admissions

The MPH Program welcomes applicants from a wide variety of backgrounds including the social and behavioral sciences; the basic sciences including biology, chemistry, and physics; mathematics and computer science; and the humanities. In addition, the MPH is an excellent partner for all clinical degrees including medicine, nursing, laboratory science, physician assistant, physical therapy, and occupational therapy, as it expands professional opportunities in these fields. Also, those who wish to apply for a clinical program find that the MPH degree can enhance their application, as well as their preparation for their clinical career.

Applicants to the Public Health Program must demonstrate adequate preparation to complete graduate study for the MPH degree. Grade point average (GPA) from all post-secondary schools attended; work experience and accomplishments; and professional references are used to indicate preparation for graduate work. Admission decisions are based upon full review of all information in the application to ensure fairness and to balance the limitations of any single indicator. Applicants can begin in fall, spring, or summer.

Visit the [MPH website](#) for admission and application requirements.

The Admissions Committee may request an in-person or Zoom interview with an applicant to assist in the decision process. A background check will be completed on each student prior to matriculation.

Upon matriculation, all MPH students are required to have their own personal laptop that is no older than 3 years upon entering the Public Health Program. This requirement applies to both on-campus students and distance students. Additional information can be found in the *Public Health Program Laptop Requirements*.

Policy on Transfer of Graduate Credits

A limited number of graduate school credits completed at an accredited U.S. or Canadian institution of higher learning prior to, or after matriculation in the program, may be applied toward the MPH degree.

Graduate work is considered for transfer on an individual basis based on the following criteria:

- The work must have received graduate credit at the institution where it was earned.
- The student must have earned a grade of B or better.
- The work must be less than seven years old at the time the MPH degree is awarded.
- The maximum amount of transfer credit that will be accepted toward the MPH degree is nine.

Tuition and Financial Aid

The cost of the MPH degree for North Dakota residents is approximately \$36,830, not including student fees and books. Although financial support is not guaranteed with admission to UND, there are a number of kinds of financial aid for MPH students. These are:

- Graduate assistantships (GTAs, GSAs, GRAs)
- Partial tuition waivers
- Tuition reduction to the in-state rate

Only on-campus students are eligible for MPH graduate assistantships and tuition waivers. One exception is made for members of the North Dakota public health workforce who are employed by a local or state health department. These students are eligible for MPH tuition waivers, but not for assistantships.

MPH Graduate Assistantships

The Public Health Program strives to make graduate education in public health accessible for students by awarding a limited number of graduate assistantships. Most MPH graduate assistantships are awarded in the spring semester for use in the following academic year. These positions are 10 or 20 hour/week appointments, and they provide administrative or research support to faculty and staff. Awards are based on need, merit, and experience. Full-time and second-year students are given priority for this type of financial assistance. The Public Health Program Assistant Director notifies students via mail or email if the program awards them financial assistance.

Other Graduate Assistantships

In addition to MPH assistantships, MPH students may also qualify for assistantships offered by other University units. Students must submit an application to the program that awards the assistantship and be selected by that program. For an up-to-date listing of open positions, visit [UND's job openings](#). If a student is offered an assistantship from a University unit outside of the MPH Program, the student must inform the program *before* accepting the assistantship and verify the parameters of the award.

Tuition Waivers

Tuition waivers are awarded independently of graduate assistantships. A student receiving an assistantship may not receive a tuition waiver, and vice versa. Tuition waivers are awarded by the credit hour, and an award may cover up to 1/3 of credits/semester. Tuition waivers do not cover mandatory fees. The student must pay these.

The Public Health Program has a limited number of tuition waivers, which are awarded annually in the spring. Other programs in the University **may** offer tuition waivers with graduate assistantships. In addition, benefitted employees of UND receive a tuition waiver benefit according to North Dakota University System (NDUS) policy number 820.2e.

Tuition reduction to the in-state rate

Currently, there are two ways for non-residents to receive the North Dakota resident tuition rate:

- The Western Regional Graduate Program (WRGP) allows students who are residents of Western Interstate Commission for Higher Education (WICHE) states to enroll at UND and pay North Dakota resident tuition. The WICHE states are Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, South Dakota, Utah, Washington, and Wyoming. See [tuition fee estimates](#).
- Full-time, non-resident students are eligible for in-state tuition after one year of study if they study on-campus. International students with an F1 Visa do not qualify unless they have graduated from a North Dakota high school. See [Residency and Reciprocity Tuition](#).

Please contact Ashley Bayne, Public Health Program Assistant Director, at ashley.bayne@UND.edu or 701.777.6368 with questions about graduate assistantships, tuition waivers, and in-state tuition rates.

MPH Program Policies and Procedures

UND Email

Upon admission to UND, students are issued a UND e-mail account. A student's e-mail will follow the convention shown in this example: jane.doe@ndus.edu. This e-mail account will remain active while the student is enrolled at UND. Email, using the student's University email address, is the official form of communication for UND and the Public Health Program. All students are expected to check their University email accounts regularly to receive important information from the University and the Public Health Program.

IMPORTANT: To ensure that the UND e-mail account is active, the Public Health Program requests that each student also log on to the [Campus Connection system](#). Then go to Preferences, and select UND email as the preferred account. Check this email often for official UND and Public Health Program correspondence.

Orientation and Graduation

Orientation is held each August for students who begin the program in the summer and fall and each January for students who begin in the spring. All incoming students are expected to attend orientation.

In accordance with the School of Graduate Studies policy, the MPH degree must be completed in seven years. Students may complete their coursework and degree requirements anytime during the academic year. However, the MPH Program holds only one reception each year in the spring. The University holds

graduation ceremonies in each semester, and MPH students can attend the University graduation, as well as the MPH reception.

Student Competency Assessment Survey

The MPH degree aims to develop a comprehensive set of competencies among students, which are conveyed through coursework and other learning experiences. To assess how well the program teaches these competencies, all MPH students are required to complete the Student Competency Assessment Survey at Orientation and at the completion of the program.

Faculty Advisors and Advising

Upon being admitted to the Program, MPH students are assigned a temporary advisor. After the first semester, students are reassigned to a Faculty Advisor in their expected specialization - Population Health Research & Analytics, Health Management & Policy, or Indigenous Health. Students may request a change in their Faculty Advisor at any time. The request to change a Faculty Advisor is made to Ashley Bayne, Public Health Program Assistant Director, at ashley.bayne@UND.edu.

There is an official Advising Week in the fall and spring around the time that students can enroll in courses for the next semester. An email from the Public Health Program Assistant Director will announce Advising Week each semester.

Students are encouraged to meet with their Faculty Advisor or the Public Health Program Assistant Director at any other time when they need information or advice about the program, their course of study, and professional development.

Registration

To register for courses, students access [Campus Connection](#). Any questions concerning registration should be directed to Ashley Bayne, Public Health Program Assistant Director, at ashley.bayne@UND.edu.

Blackboard

The online platform used for course instruction is “Blackboard.” To activate a Blackboard account, students must first activate their UND email account. Once activated, the Blackboard username and password are the same as that for the UND email account.

Class Attendance and Participation

Following University policy, “Attendance and participation in class activities are considered integral parts of a university education. It is University policy that attendance in classes is expected of all students. If attendance and/or participation are required and will impact grading, it is the responsibility of the instructor to communicate clearly that policy to students during the first week of class in the course syllabus.

Even in situations where an instructor might excuse a class absence, e.g., severe medical situations, family emergencies, military service, or authorized University activities, it is the responsibility of the student, whenever possible, to inform the instructor ahead of time.

Synchronous distance students must participate using video and audio in every class session. If students do not have the appropriate technology to allow full participation, they will be dropped from class. In the case of an unexcused absence, the instructor may offer to record the class for viewing at the later date, if the student informs the instructor of his/her absence ahead of time.

Grading and Evaluation

The grading scale for the Public Health Program is:

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|---|---------------|
| A | 90-100% |
| B | 80-89% |
| C | 70-79% |
| D | 60-69% |
| F | 59% and below |

Each course syllabus will list the specific requirements for that course, with the weight given to each assignment.

Late Assignments

Late assignments will not be accepted unless approved by the course instructor prior to the due date. In emergencies, where prior notice of absence is given to the instructor, make-up assignments and/or exams may be given. There is no guarantee, nor should students expect, that a make-up assignment or exam would be granted nor is equivalent to a scheduled exam in terms of difficulty. Extreme emergency situations that result in no prior notice of absence will be dealt with at the instructor's discretion.

Final Semester Grades

Official final semester grades should always be viewed on the UND Campus Connection system and not on Blackboard.

Incomplete Grade Policy

It is expected that students will complete all requirements for a course during the time frame of the course. For reasons beyond a student's control, and upon request by the student or on behalf of the student, an incomplete grade may be assigned by the instructor when there is reasonable certainty the student will successfully complete the course without retaking it. The grade "I," Incomplete, will be assigned only to the student who has been in attendance and has done satisfactory work up to a time within four weeks of the close of the semester, including the examination period, and whose work is incomplete for reasons satisfactory to his or her instructor.

Incompletes are entered on the final grade roster, and instructors must submit a "Report of Incomplete Grade" form. The instructor may choose any one of the following options for the deadline to complete the course:

- The default date as stated in the “UND Schedule of Courses.”
- Extend to 12 calendar months after the end of the course.
- A date of the instructor’s choosing no later than 12 months after the end of the course.

Incomplete grades will convert to a grade of “F” if a grade or incomplete extension is not submitted by the instructor to the Office of the Registrar on or before the deadline written on the “Report of Incomplete Grade” form.

The instructor of the course and the dean of the college offering the course for undergraduates or the dean of the School of Graduate Studies for graduate students must approve and sign the “Report of Incomplete Grade” form for any extension of incomplete beyond the default date listed in the “UND Schedule of Courses.” An incomplete grade must be changed by 12 calendar months from the ending date of the class. It is the student’s responsibility to contact their instructor about an incomplete grade posted on the final grade report.

An “I” may be converted as indicated above but cannot be expunged from the record. Students may not register in courses in which they currently hold grades of incomplete, except for courses that allow repeated enrollment. A student will not be allowed to graduate with an unconverted incomplete grade on the academic record.

It is the responsibility of the student to be knowledgeable about the status of an incomplete grade and to complete the work required to remove the incomplete grade by the specified deadline.

Academic Grievances and Other Concerns

The *Code of Student Life* describes the process for filing an academic grievance. Grievances begin with discussion between the grieving student and the faculty member, committee, or administrator with whom the student has a grievance. If not resolved at this stage, the student may advance the grievance through the procedures of the college or school in which the grievance originated. The grievance policy of the School of Medicine and Health Sciences is detailed [here](#).

Students are encouraged to report other concerns about the program directly to the MPH Director or the MPH Program Assistant Director so that there is continuous and timely improvement in the quality of the MPH Program. Concerns may be reported in writing or in person, and they are welcome at any time during a student’s course of study.

Conduct

MPH students are expected to conduct themselves in a professional manner in the classroom, attending curriculum-related activities, and in fieldwork experiences at all levels. Professionalism encompasses

several related areas and concerns the conduct, aims and practices of an individual. Aspects of professionalism to be considered within the professional program include **attitude, judgment, and performance.**

Attitude will be reflected in:

- Learning in the classroom: Students are expected to read assignments prior to class, and all class related activities, and to participate in lecture sessions in a positive manner.
- Day-to-day relationships with instructor and students: The expectation is that students will be respectful towards others. Any criticisms should be constructive in nature; students should demonstrate an awareness of and sensitivity to the needs of others. Courtesy, respect, and consideration should be always observed.
- Response to guest speakers: Students are expected to demonstrate an interest in the lecture topic as evidenced by asking questions and showing appreciate in an appropriate manner. Dress appropriately for both on and off campus presentations/tours.

Judgment will be reflected in:

- Personal and professional relationships: Comments and behaviors acceptable in some settings will not be appropriate in others. Appropriate dress code, hygiene and use of personal jewelry will also vary from classroom to fieldwork settings.
- Confidentiality: It is very poor judgment to breach confidentiality in any way, either in oral or written format.

Performance will be considered in:

- Class assignments: Coursework needs to be completed thoroughly and on time. When working in groups or pairs, students need to take equal responsibility for completing the assignment. If the assignment is not understood, it is the student's responsibility to seek out information or clarification from the instructor.
- Plagiarism: Will not be tolerated and may be grounds for dismissal from the MPH Program. (See Code of Student Life for definition/description of plagiarism.)
- Communication skills: Demonstration of respectful and professional communication skills in working with faculty, community supervisors (e.g., setting up meetings, making professional phone calls, returning calls/requests for information, timeliness of contacts, etc.) and peers.
- Respect for classroom: Students are expected to leave classrooms/work areas as they found it (or better) as others will be using this area/resource.
- Punctuality for classes: Students know in advance when the class meets, and those who come late can be asked to leave. It is distracting to have students entering the classroom during lecture, and also reflects negatively upon the student's attitude toward learning.

Dress Code

The Public Health Program expects MPH students to dress appropriately in classroom and fieldwork settings. MPH students are expected to always demonstrate good judgment and professionalism, on and off campus.

Laptop Requirements

Public Health Program Laptop Requirements

All Public Health Program students are **required** to have their own personal computer that is no older than 3 years upon entering the Public Health Program. This requirement applies to both on-campus students and distance students.

The following are the **minimum** requirements needed in hardware and software. Newer software releases are recommended.

Hardware:

- Internet-capable, multimedia computer with a minimum processor of Intel i5 (or comparable)
- No older than 3 years upon entering the Public Health Program
- 2 USB ports
- 1 HDMI port strongly preferred for on-campus students
 - Otherwise, must contact SMHS IT for a work-around
- 8 GB of RAM
- 20 GB of available storage space
- Working webcam
- USB headset & microphone
- Broadband connection of ≥ 20 Mbps download and 10 Mbps upload
 - Connection speed can be tested at: [Speed test link](#)
- A backup hard drive (either flash drive or external hard drive) of at least 20 GB

Software:

- Windows 10 OR 11 OR Macintosh OSX 11 Big Sur (or higher)
- Microsoft Office 2016 (or higher)
 - Office 365 is free with your UND email account.
 - [Microsoft 365 instruction link](#) Click on Get Office for instructions.
- Mozilla Firefox (newest version)
 - Available at [Mozilla firefox link](#)
- Anti-virus software with updated definitions
 - For UND-supported anti-virus software, visit [University Information Technology](#)
- Additional course-specific software

Students who are seeking recommendations for purchasing a new computer may wish to visit [UND's Dell student premier page](#), which features three computers that meet these specifications and can be upgraded if desired. Computers ordered from this page can benefit from warranty work being done by SMHS IT staff. Students who are purchasing a new computer are welcome and encouraged to contact SMHS IT at its@med.und.edu to ask questions or have the staff verify compliance with these requirements before purchasing.

It is the student's responsibility to ensure that their equipment is in working order prior to each class.

Other Policies and Procedures

In addition to MPH policies and procedures, students are subject to all pertinent policies and procedures of the University, the School of Graduate Studies, and the SMHS.

Opportunities for Student Involvement

Student Public Health Organization

UND has a student organization – the Public Health Association (PHA) – that is a resource for students at UND interested in advancing public health on campus and in the community.

North Dakota Public Health Association (NDPHA)

The mission of the NDPHA is to improve, promote, and protect health for the residents of North Dakota through leadership in policy, partnerships, and best practices. The NDPHA gives a voice to public health matters and provides opportunities to partner and create opportunities that improve the health of all citizens across the State. NDPHA aids in the promotion of state and local legislation in the interest of public health with particular focus on the interrelationship between health and quality of life. Students in the MPH Program are eligible for a free membership to the NDPHA and will be given a membership form when they begin the program.

North Dakota Rural Health Association (NDRHA)

The mission of NDRHA is to provide a unified voice to promote and enhance the quality of rural health through leadership, advocacy, coalition building, education, and communication. The vision of the organization is to be an effective advocate for improved health status among rural North Dakotans.

American Public Health Association (APHA)

"APHA champions the health of all people and all communities. [They] strengthen the public health profession. [They] speak out for public health issues and policies backed by science. [They] are the only organization that influences federal policy, has a 140-plus year perspective and brings together members from all fields of public health."

Student Resources and Services

Software

Microsoft Office 365 ProPlus is available for current UND students at no cost. Office 365 ProPlus is a full version, which includes: Word, PowerPoint, Excel, OneNote, Outlook, and more. To download Microsoft Office 365 ProPlus, visit [University Information Technology](#).

Libraries

Students are welcome to use the resources of any of the libraries on the UND campus.

The [UND School of Medicine and Health Sciences Library](#) is the main library providing services such as instruction and interlibrary loans to MPH students. The Library maintains a large and diverse collection of resources. The Library of the Health Sciences also coordinates services through four Clinical Campus sites with librarians available to offer help in Fargo, Bismarck, Minot, and Grand Forks.

The [Chester Fritz Library](#) is the largest library in the State of North Dakota and the primary research facility for UND and the Upper Midwest region. The Chester Fritz Library is centrally located on campus.

[Counseling Services](#)

The UND Counseling Center (UCC) offers many services to UND undergraduate, graduate and professional students. These services include short-term counseling (such as group, individual and couples counseling), consultation, outreach, and assistance with referrals. The staff of professionally trained psychologists and counselors recognizes that the challenges of college life require a variety of personal strengths and problem solving skills. UCC staff is available to help students enhance their strengths and develop their abilities to deal effectively with the experiences of living, growing and learning at UND.

[Health and Wellness Hub](#)

The Health and Wellness Hub team empowers students to achieve their academic and personal goals through education, health promotion, role modeling, and advocacy of healthy choices. Through collaboration with the campus and community, the Health and Wellness Hub promotes an environment that encourages health, wellbeing, and enhances the quality of life. This is a comprehensive resource for all students on campus, which should be utilized fully for a healthy student experience at UND.

[Office of Community & Belonging](#)

The Office of Community and Belonging provides support for programs and initiatives for belonging and inclusion on campus.

[International Center](#)

The International Center strives to "build bridges between cultures and countries" by:

- Serving the entire university in promoting and supporting international education;
- Developing and supporting study abroad opportunities integral to students' academic and future career goals;
- Supporting the UND international population: students, faculty, scholars, and dependents; and
- Promoting, supporting and developing opportunities for international cultural awareness.

International students must contact their student advisor in the International Center for regulations on online/non-traditional course delivery and all other issues related to international students at UND.

[Career Services](#)

The Career Services office is available to all UND students as a career counseling resource. Career Services is located in McCannel Hall Room 190.

[Writing Center](#)

The Writing Center is a resource on writing for the university community. The Writing Center provides help at any stage of the writing process. MPH students who are experiencing difficulty with their writing will be given a mandatory referral to the Writing Center. However, every student is entitled to assistance from the Writing Center, and the MPH Program encourages all students to utilize the Center to reach their potential as writers.