

UC Berkeley Public Health

Peer Advisor Hours - In-Person or Zoom (PT)

Appointments: sphug.setmore.com (links to website)

Link Repository: <https://linktr.ee/sphugpeers> (links to website)

Office: [Berkeley Way West](#) (links to Google Maps) | 2121 Berkeley Way ([Directions to Suite 2210](#) (links to PDF), on the second floor

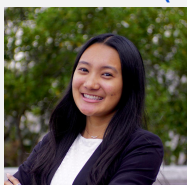
Question	Information
Who are the Public Health Peer Advisors?	Our peer advisors are current students in the Public Health major who are available to meet with prospective and current students. They can share their personal experience in the prerequisite and major classes, experience with student organizations, and knowledge of various campus resources. Meet the Public Health Peer Advisors (link) to learn more about each peer advisor's UCB Public Health journey! 
What can I do with a major or minor in Public Health?	• What Can I Do With A Major In...? - Career Engagement (link) • Where Do Cal Grads Go? - Career Engagement (link) • UC alumni at work (link) • Read more about our Summer Minor or Certificate in Global Public Health (links to website).
What are some resources I can look into? • Newsletter • Sample Plans (Pre-Health, Study Abroad) • Resources • Pre-Health Advising • MCAH Resources	• UG Newsletter How to join the Prospective SPHUG List Server - cool opportunities, health tips, and events! •  Public Health Sample Plans • Undergraduate Resources (links to website) - Has a Resources sheet, sample plans, major maps, and more. • Resources for Student - Public Health Interest (links to Google Sheet) ◦ Cool tip: You can find out which PH courses count for an L&S breadth requirement on one of the tabs! ;) • Pre-Health Advising - Career Engagement (links to website) for those on a Pre-Health track! • Maternal Child Adolescent Health LEAP ◦ MCAH Link Tree (links to website) - Advising, Resources, Info Sessions, and more! ◦ MCAH Resource Repository (links to website) ◦ Join our MCAH LEAP listserv (links to Google Form) to receive the newsletter and learn of cool events.
Need accommodations for a virtual event hosted by SPHUG?	If you require an accommodation for effective communication (ASL interpreting/CART captioning, alternative media formats, etc.) or information about campus mobility access features in order to fully participate in this event, please contact Patricia Cruz and Lauren Magsanay at sphug@berkeley or (510) 643-0874 with as much advance notice as possible and at least (suggest 7–10) days in advance of the event.

UC Berkeley Public Health

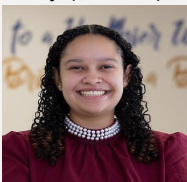
November 10 - 14

All times are Pacific Time (PT). Emailing a peer advisor's personal email may cause delays. Peer advisors cannot sign forms.

[Meet the Public Health Peer Advisors! \(link\)](#)



Aly (she/her)



Cornelia (she/her)



Helena (she/her)



Mandy (she/her)



Tiffany (she/her)

Monday

10

Tuesday

11

Wednesday

12

Thursday

13

Friday

14

Zoom links can also be found in [Meet the Public Health Peer Advisors \(link\)](#)

9:30am-12pm

Helena

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

**Administrative
Holiday
Veteran's Day**

**BPH Peer Advising
unavailable today**

9am-10am

Aly

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

11am-12pm

Mandy

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

Additional

MCAH LEAP [\(link\)](#)

BPH Prospective
Graduate Student
Events [\(link\)](#)

Berkeley Public Health
Events [\(link\)](#)

1:30pm-3pm

Aly

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

3pm-4pm

Cornelia

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

12pm-1pm

Tiffany

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

UC Berkeley Public Health

November 17 - 21

All times are Pacific Time (PT). Emailing a peer advisor's personal email may cause delays. Peer advisors cannot sign forms.

[Meet the Public Health Peer Advisors! \(link\)](#)



Aly (she/her)



Cornelia (she/her)



Helena (she/her)



Mandy (she/her)



Tiffany (she/her)

Monday

17

Tuesday

18

Wednesday

19

Thursday

20

Friday

21

Zoom links can also be found in [Meet the Public Health Peer Advisors \(link\)](#)

9:30am-12pm

Helena

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

11am-12:30pm

Mandy

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

3pm-4:30pm

Cornelia

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

9:30am-11am

Tiffany

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

11am-12pm

Mandy

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

3pm-4pm

Cornelia

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

Additional

MCAH LEAP [\(link\)](#)

BPH Prospective
Graduate Student
Events [\(link\)](#)

Berkeley Public Health
Events [\(link\)](#)

12pm-1pm

Tiffany

[\[Appt \(Book Here\)\]](#)
[Zoom \(link\)](#) for Appts

UC Berkeley Public Health

Meet the Public Health Peer Advisors

Hours may change during certain weeks, double check with the calendar above.

Who	Major(s) & Hours	Biography
Aly Loreto (she/her/hers) 	Major(s): Public Health Minor(s): Health & Wellness, Food Systems, Asian American & Asian Diaspora Studies Aly Zoom (link) Aly Appointments (link) • Mon 1:30PM-3PM • Wed 9am-10am	PH Prerequisites taken: Data C8, EconC3, Psych 1, Soc3AC, Bio1B, MCB38, Math 1A/B PH Core Classes taken/currently in: PH142, PH150A, PH150B, PH150D, PH150E PH Electives taken/currently in: PH112, ESPM163AC, PH116, PH129 Pre-Health Classes taken: Bio1B, Math1A/1B, PH142 Bio: Hello! My name is Aly and I'm a senior majoring in Public Health and triple minoring in Health & Wellness, Food Systems, and Asian American & Asian Diaspora Studies. Deeply rooted in the Pilipinx and Southeast Asian communities at Cal, I am interested in exploring the intersection of public health nutrition, holistic wellness, and social justice for underserved/underrepresented communities. I have a deep passion for community health work and working towards health equity through collective action! In my free time, I love doing yoga and trying new cafes around the Bay Area. I absolutely love traveling and want to visit all 7 continents in the future :D. Feel free to drop into my hours to talk about any public health topics, resources, or just to chat! :)
Cornelia Julia Scott (She/her/hers) 	Major(s): Public Health Minor(s): Science, Technology, and Society Cornelia Zoom (link) Cornelia Appointments (link) • Tue 3PM-4:30PM • Thu 3PM-4PM	PH Prerequisites taken: Data C8, Bio 1B, NST 10, Math 16A/B, Psych 1, Sociol 3AC PH Core Classes taken/currently in: PH 150A, PH 150B, PH 150D, PH 150E, PH 142 PH Electives taken/currently in: PH N112, PH 116, PH 155C, PH 101, PH 167, ISF C100G, GWS 130AC, PH 182, UGIS 110 Pre-Health Classes taken: Chem 1A/1AL, Bio 1B, Math 16A/16B, PH 142 Bio: Hi, I'm Cornelia! I'm a senior majoring in Public Health with a minor in Science, Technology, and Society. After graduation, I plan to pursue a Master of Public Health with a focus in Biostatistics, Epidemiology, or Environmental Health. I'm passionate about advancing health equity by combining environmental health, data analytics, and epidemiology, and I hope to work in communities that are historically underserved, especially those from low-income backgrounds and communities of color. Outside of academics, I enjoy traveling, watching movies and TV shows, playing video games, and spending time with my family and friends. Feel free to stop by if you have questions about the public health major, campus resources, extracurriculars, or if you just want to chat!

UC Berkeley Public Health

Helena Liu (She/her/hers)



Major(s): Public Health,
Data Science

Minor(s): Education

[Helena Zoom \(link\)](#)

Helena

[Appointments \(link\)](#)

- Mon 9:30AM-12PM

PH Prerequisites taken: Data C8, Psych 1, Anthro 3AC, Soc 5, Math 1A/B, Bio 1A/B

PH Core Classes taken/currently in: PH150A, PH150B, PH150D, PH150E, PH142

PH Electives taken/currently in: PH101, PH116, Data 100, PH167

Pre-Health Classes taken: Chem 1A/1AL, Bio 1A/1AL, Bio 1B

Bio: Hi! I'm Helena, a Senior double majoring in Public Health and Data Science with a keen interest in epidemiology research and how big data and analytics can enhance public health interventions. My favorite coding language is R/Rstudio, followed by Python, SQL, Scheme, and Java (don't ask me about Java please). I have experience with both dry and wet lab work, but quickly realized the physical lab environment was not made for me. I'm 100% matcha over coffee and if I'm not at my apartment admiring my own matcha station, I'm probably at Mind Coffee (the best matcha in Berkeley). Outside of academics, I'm a big foodie who enjoys trying new places, cooking new recipes, and watching Gordan Ramsay. Feel free to drop by if you want to discuss Public Health, Data Science, double majors, research, or even just swap recommendations for great food spots!

**Mandy Huang
(She/Her/Hers)**



Major(s): Public Health

[Mandy Zoom \(link\)](#)

Mandy [Appointment \(link\)](#)

- Tue 11AM-12:30PM
- Thu 11AM-12PM

PH Prerequisites taken: Data C8, Psych 1, Soc 3AC, Anthro 3AC, Math 10A, MCB 32, Bio 1A, Bio 1B, MCB 38

PH Core Classes taken/currently in: PH 150A, PH 150E, PH 150D, PH 150E, PH 142

PH Electives taken/currently in: PH 116, Math 53, IB 169, MCB 102, IB 139, NUSCTX 104

Pre-Health Classes taken: Chem 1A/1AL, Chem 3A/3AL, Chem 3B/3BL, Bio 1A/1AL, Bio 1B, Physics 8A, Physics 8B, MCB 102, MCB 32

Bio: Hi, I'm Mandy! I'm a senior majoring in Public Health on the pre-med track, with interests in healthcare systems, performance management, and reducing disparities in cancer treatment access. I'm passionate about advancing health equity and exploring how system-level changes can make care more accessible for underserved communities. Outside of academics, I enjoy watching movies in theaters, traveling, and trying all kinds of food. Feel free to stop by to chat about public health, pre-med, or just to say hi!

**See below for Peer
Advisor Tiffany Hoang! :)**

UC Berkeley Public Health

Tiffany Hoang
(She/Her/Hers)



Major(s): Public Health,
Data Science

Minor(s): Public Policy

[Tiffany Zoom \(link\)](#)

Tiffany [Appointments \(link\)](#)

- Thu 9:30AM-11AM
- Fri 12PM-1PM

PH Prerequisites taken: Data C8, Soc 1, xMath 1A, Math 1B, MCB 32, Bio 1B

PH Core Classes taken/currently in: PH142, PH150A, PH150B, PH150D, PH150E

PH Electives taken/currently in: PH116, PH129, DATA C100, PH271K, PH126, PH188

Pre-Health Classes taken: Chem 1A/1AL, Bio 1B, MCB 32

Bio: Hello! My name is Tiffany (she/her), and I am a senior from San Jose, CA, double majoring in Public Health and Data Science. I am especially interested in healthtech, with a focus on product development and program management. After undergrad, I plan to pursue graduate studies in Epidemiology/Biostatistics while continuing to work on consulting and community-based projects that bridge gaps in accessibility and improve system efficiency. Outside of academics, you will likely find me running, powerlifting, trying fruit tarts from different bakeries, or laughing at fat squirrel videos (drop by and ask me about the one I recorded in SLO this summer!).

UC Berkeley Public Health

UC Berkeley Public Health

October 6 - 10

All times are Pacific Time (PT). Emailing a peer advisor's personal email may cause delays. Peer advisors cannot sign forms.

[Meet the Public Health Peer Advisors! \(link\)](#)



Aly (she/her)



Cornelia (she/her)



Helena (she/her)



Mandy (she/her)



Tiffany (she/her)

Monday

6

Tuesday

7

Wednesday

8

Thursday

9

Friday

10

Zoom links can also be found in [Meet the Public Health Peer Advisors \(link\)](#)

9:30am-12pm

Helena

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

9am-10am

Aly

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

9:30am-11am

Tiffany

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

Additional

MCAH LEAP [\(link\)](#)

BPH Prospective Graduate Student Events [\(link\)](#)

Berkeley Public Health Events [\(link\)](#)

11am-12:30pm

Mandy

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

11am-12pm

Mandy

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

1:30pm-3pm

Aly

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

3pm-4:30pm

Cornelia

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

3pm-4pm

Cornelia

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

12pm-1pm

Tiffany

[\[Appt \(Book Here\)\]](#)

[Zoom \(link\)](#) for Appts

UC Berkeley Public Health

December - January

[Meet the Public Health Peer Advisors! \(link\)](#)



Aly (she/her)



Cornelia (she/her)



Helena (she/her)



Mandy (she/her)



Tiffany (she/her)

Monday

Tuesday

Wednesday

Thursday

Friday

Peer Advisors will be back in late January or early February!

Please email sphug@berkeley.edu and sphugpeers@berkeley.edu if you have questions for our peer advisors.
Emailing a peer advisor's personal email may cause delays. Peer advisors cannot sign forms.

Public Health Academic Advisor Drop-In Hours

tinyurl.com/sphugdrop-ins

Public Health Academic Advisor Appointments

sphug.setmore.com

L&S College Advising

[Welcome to the Biological Sciences Advising Neighborhood! \(link\)](#)

Interested in Maternal Child Adolescent Health? Check out

[MCAH LEAP \(link\)](#)

Calendar for

BPH Prospective Graduate Student Events [\(link\)](#)

Additional [Berkeley Public Health Events \(link\)](#)