

## **The Medical and Health Humanities Studies minor (MHHS) and Requirements Worksheet**

The Medical and Health Humanities is a vibrant interdisciplinary field that examines how people understand, experience, and document health and medicine. With areas such as literature and medicine, philosophy and bioethics, medical anthropology, narrative medicine, the arts and the history of the human body, and theoretical perspectives such as disability studies, critical race and postcolonial studies, trauma studies, gender, and queer theory, this field is centered around the cultivation of critical, sensitive, informed and innovative approaches to cultures of care.

Why Minor in Medical Health and Humanities?

With an urgent focus, particularly in an era of the pandemic, on narratives, technologies, and ideologies of wellness, care, and illness, and on social and institutional forms of health that can also harm, this minor adds an essential dimension to any undergraduate major—from those working across the humanities to those hoping to work, specifically, in the health professions.

The MHHS minor is open to UCR undergraduates from any discipline. This minor can be shaped by each student, allowing you to design a course of study around your own interests, ideally, in conversation with your advisor or the MHHS co-chairs.

MHHS is also extremely helpful if you are a premedical student or a student interested in other health professions (pre-PA, pre-PT, pre-OT, nursing, clinical psychology, etc.). Studies show that health professionals who studied premedical humanities perform better in clinical interactions and are more likely to demonstrate empathy, skillful communication, and a patient-centered approach.

MHHS builds on your interests in diversity and social equity and brings our faculty's unique strengths in bringing humanities research to medical and health issues past and present. Studies suggest that medical and health humanities will prepare you for critical and creative thinking, identification of internal biases, and ethical reasoning in decision-making processes.

The fundamentally interdisciplinary nature of MHHS, which involves the humanities, the social sciences, and the arts, allows you to bridge areas of study, experience a range of disciplinary perspectives, and have immediate access to a broad range of exceptional faculty at UCR.

### **General Requirements**

Consult your undergraduate advisor to make a study plan. The only course with a prerequisite is the capstone seminar (MHHS 191), which is to be taken after the introductory course (MHHS 001). See the course catalog for details. You'll complete five additional courses (20 units):

- Introduction to Medical and Health Humanities (MHHS 001) taught by MHHS faculty
- Three courses of your choice, based on your interests and offered from the many cross-listed courses from participating departments
- A capstone seminar (MHHS 191) taught by MHHS faculty

### **Requirements Worksheet (20 Total Units)**

#### **Introductory Course (4 Units)**

- MHHS 001 (Lower-division Requirement)

## Electives (8 Units)

Students must take at least **Four (4) units from TWO of the three streams for a total of 8 units:**

- STREAM ONE: Science and Medicine. GSST 183; GSST 161; GSST 161S; GSST 171; GSST 189; HIST 106
- STREAM TWO: Society, Culture and Health. AHS 133; ANTH 160; ANTH 162; ANTH 166; ENGL 122Q; ENGL 141M; GSST 185; HISA 147/ETST 116; HIST 107; HIST 188E/AST188E; PHIL 112, PHIL 167; PHIL 168; RLST 110; RLST 122
- STREAM THREE: Arts in Wellness. CRWT 130; CRWT 134; CRWT 150; CRWT 155; CRWT 170; CRWT 176; DNCE 115E; DNCE 115G; DNCE 133; DNCE 134; DNCE 181; MCS 106; MCS 135/ART135; TFDP 122; TFDP 158; TFDP 191

## Four Additional Units (4 Units)

- AHS 133 or ANTH 144M or 144E or 144N or AST 188E or CRWT 130 or 134 or 150 or 155 or 170 or 176 or DNCE 115E or 115G or 133 or 134 or 181 or ENGL 122Q or 141M or ETST 116 or GSST 161 or 161S or 171 or 183 or 185 or 189 or HISA 147 or HIST 106 or 107 or 188E or MCS 106 or 135 or PHIL 112 or 167 or 168 or RLST 110 or 122 or TFDP 122 or 158 or 191T

## Senior Seminar (4 Units)

- MHHS 191

Department of English Description

<https://english.ucr.edu/mhhs>

CHASS Website Description/Worksheet Requirements

<https://english.ucr.edu/mhhs>