PRE-HOLISTIC HEALTH STUDIES

St. Catherine University offers a limited number of undergraduate students a dual-degree program leading to the Master of Arts in Holistic Health. This program is available only to specific majors and contingent on students meeting the MAHS admission requirements.

If students wish to apply to other MAHS programs, beyond St. Kate's, they should not complete the dual degree program. Instead, students should complete a Bachelor's Degree in a standard major and complete the necessary MAHS prerequisite courses for the school of their interest. Students should contact the schools of interest to learn about their specific admission requirements.

Qualifying students will complete their undergraduate major in three years. In their fourth year, while still enrolled as undergraduates, students will begin taking MAHS courses to earn their Bachelor's degree. In their fifth year, students will complete the MAHS program while enrolled as graduate students.

Please see the next tab for more information about the application process and the program's curriculum.

Dual Degree (3+2) Applicants

To be considered for admission, applicants must meet the following ACADEMIC requirements:

- Junior status at St. Catherine University (minimum of 60 credits completed)
- Declare one of the following majors:
  - Biology - B.S. Applied Science in Biology (pre-MAHS)
  - English - B.A. in English (pre-MAHS)
  - Public Health: Public Policy - B.S. Public Health: Public Policy (pre-MAHS)
- Grade Expectations
  - Cumulative GPA 3.0 or higher on a 4.0 scale
    - If GPA is below 3.0, students can submit an explanatory statement along with their application (more details below)
- Prerequisite Coursework
  - There are no prerequisite courses for the dual degree MAHS program
- Major Coursework
  - Major coursework must have a grade of C or higher
    - Pass/Fail or S/U grades are not permitted
- Courses may be repeated once for a better grade

To be considered for admission, applicants must meet the following application requirements:

- Submission of admissions application (https://lead-at.stkate.edu/apply/?_gl=1*q385ik*_gcl_au*NzgyNDIyMjk0LjE3NDQwMzU5Mjk.)
  - (https://lead-at.stkate.edu/apply/?_gl=1*q385ik*_gcl_au*NzgyNDIyMjk0LjE3NDQwMzU5Mjk.)The final deadline for dual degree applications is July 1st after a student's junior year
- If students are accepted, they will begin their first year of graduate classes (the dual degree year) the following fall, during their senior year.
  - For example, if a student applies to the dual degree program by July 1st, 2026 (after their junior year) and is accepted into the program, they will start the program in Fall 2026 in their senior year and take a year's worth of graduate classes
- No GRE required
- Admission Essay
  - Everyone must prepare an admission essay demonstrating written communication skills and clarifying their purpose in pursuing a graduate program in holistic health studies by addressing the following topics:
    - Interest in the field of holistic health studies
    - Background in related fields
    - Personal and professional goals for graduate study
  - Do not exceed one typed, double spaced page for each topic. Please include your full name at the top of the essay
- All applicants with a cumulative GPA below 3.0 must also include an explanatory statement.
  - Please include an explanation of factors that affected previous academic performance, as well as your plan to ensure academic success in a graduate program.
  - This statement should be limited to 400 words and is in addition to the personal statement described above.
- If you have already submitted the MAHS application form, you may upload your explanatory statement via your Application Status page (instructions for accessing the status page were provided at the time you submitted the application). Please include your full name at the top of the statement.

If you wish to submit the admission essay before the MAHS application, or if you are unable to upload the document to your Application Status page, you may send the essay as an attachment via email to graduateadmission@stkate.edu with "MAHS Admission Essay" in the subject line.

- Resume
  - Submit a current résumé highlighting professional and volunteer experiences
  - If you have already submitted the MAHS application form, you may upload your résumé via your Application Status page (instructions for accessing the status page were provided at the time you applied)
  - If you wish to submit the résumé before the MAHS application, or if you are unable to upload the document to your Application Status page, you may send the résumé as an attachment via email to graduateadmission@stkate.edu with "MAHS Résumé" in the subject line.
- Two Letters of Recommendation (professional or academic only)
  - Two recommendations are required for Holistic Health Studies applicants. Please complete the Recommendations section of the application form, including the names/contact information for your recommenders, **before submitting the application.** Recommender information cannot be added to the application after it has been submitted.
  - MAHS recommendation forms must be completed by individuals who can attest to the applicant's intellectual ability, professional competence, and leadership. Only professional or academic references will be considered; personal references are not acceptable.
  - A link to the recommendation form will be sent when the Recommendations section of the MAHS application form has

been completed. Please alert your references in advance that they may receive an email from St. Catherine University. These are confidential recommendations submitted directly from the references to the Office of Graduate Admission; applicants who wish to view the recommendations are responsible for making the appropriate arrangements with their references.

- Transcript
  - The Office of Graduate Admission will access a current copy of the applicant's St. Catherine transcript via the Registrar Office; students do *not* need to order their St. Catherine University transcript to be sent to St. Catherine University
  - Please submit any other transcripts that are not currently on file with the university.
  - Need assistance ordering your official transcripts? Contact your admission counselor for help!
    - Email: graduateadmission@stkate.edu.
  - All documents must be up to date and include your name, your institution's name, and all courses taken with grades and degrees received (if applicable).
  - Unofficial transcripts may be uploaded using your applicant status page (a link is sent once you've started an application) or sent as an attachment to graduateadmission@stkate.edu.
  - Electronic transcripts must be sent directly from the issuing college or university to St. Kate's (at graduateadmission@stkate.edu) to be considered official
  - Paper transcripts must be mailed in a sealed envelope directly from the registrar of each institution to the Office of Graduate Admission at St. Catherine University (address below)

Once you've submitted your online application form, you will have access to your Application Status page to upload any supporting documents (instructions for accessing the status page are emailed at the time you applied). If you are unable to upload electronic documents to your Application Status page, you may send items as an attachment via email to graduateadmission@stkate.edu. Paper documents may be mailed to:

St. Catherine University
Graduate Admission #4027
2004 Randolph Avenue
St. Paul, MN 55105

It is the applicant's responsibility to ensure that their application is completed by the deadline. The Admission Committee will not review your application until we have received all required documents. Fulfillment of the admission requirements does not guarantee admission to the program. No credentials (e.g. transcripts) **will be returned to the applicant.**

Before starting the MAHS Program, students must complete 100 credits and ALL requirements noted here: the liberal arts core requirements, electives (if needed), and major coursework in the particular field of study. See the curriculum below for your specific major below.

In some circumstances, students can complete their undergraduate requirements while in their shared dual degree year. Please consult with your academic advisor for further details.

Students admitted to the MAHS program will take **graduate-level coursework in their senior year (https://catalog.stkate.edu/undergraduate/preprofessional-programs/pre-mahs/#Z_UG)**, which will count towards both their undergraduate and graduate program requirements.

Students will be awarded their Bachelor's Degree at the end of their senior year after completing their year of graduate classes.

Students are encouraged to work with Academic Advising and the Financial Aid Office when planning for their senior year to ensure their eligibility for financial aid.

After completing their Bachelor's degree, students will complete any **remaining graduate-level courses (https://catalog.stkate.edu/undergraduate/preprofessional-programs/pre-mahs/#Z_GR)** to earn their Master of Arts in Holistic Health.

See the end of this section for the list of courses taken during the fifth year.

****Students who do not gain entry into the MAHS program after their junior year** complete the remaining course requirements for the B.A. in Biology (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/ba/#majorrequirementstext) or B.S. in Biology (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/bs/#majorrequirementstext), B.A. in English (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/literature-language-writing/english-ba/#majorrequirementstext), or B.S. in Public Health: Public Policy (https://catalog.stkate.edu/undergraduate/health/public-health/ba-bs/#newforfall2021text).****

Applied Science in Biology

This dual-degree major is only available in the College for Women.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.A. in Biology (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/ba/#majorrequirementstext) or B.S. in Biology (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/biology/bs/#majorrequirementstext).

Code	Title	Credits
Applied Science in Biology Requirements		
BIOL 1710	Foundations of Biology: Diversity and Evolution with Lab	4
BIOL 1720	Foundations of Biology: Cell and Molecular Biology with Lab	4
BIOL 2710	Introduction to Ecology with Lab	4
BIOL 2720	Sophomore Seminar	2
BIOL 2810	Genetics with Lab	4
BIOL 4860W	Senior Seminar	4
Four additional credits in BIOL at the 3000/4000 level		4
Required Supporting Courses		
CHEM 1110	General Chemistry I with Lab	4
CHEM 1120	General Chemistry II with Lab	4
STAT 1090	Statistical Analysis	4
or HLTH 1090	Biostatistics	
or PSYC 1090	Statistical Methods in Psychology	
or ECON 1090	Statistical Analysis for Decision Making	
Total Credits		**38**

English

This dual-degree major is only available in the College for Women.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.A. in English (https://catalog.stkate.edu/undergraduate/humanities-arts-sciences/literature-language-writing/english-ba/#majorrequirementstext)

Code	Title	Credits
ENGL 1450	Introduction to Linguistics and Language	4
ENGL 3202	Literary Theory and Practice	4
Five electives, at least two of which are 3000 or 4000 level courses		20
Total Credits		**28**

Public Health: Public Policy

This dual-degree major is available in both the College for Women and the College for Adults.

Students who do not gain entry into the MAHS program after their junior year complete the remaining course requirements for the B.S. in Public Health: Public Policy (https://catalog.stkate.edu/undergraduate/health/public-health/ba-bs/#newforfall2021text).

Code	Title	Credits
Public Health Core Courses		
HLTH 2050	Foundations in Public Health	4
HLTH 3150	Epidemiology	4
HLTH 3220	Health Communications	4
HLTH 3350	Environmental Health	4
HLTH 3500	Public Health Biology	4
HLTH 4700	Practicum Preparation	2
HLTH 4754	Practicum	4
HLTH 4800W	Senior Seminar in Public Health	4
Supporting Courses		
HLTH 1090	Biostatistics	4
or STAT 1090	Statistical Analysis	
or PSYC 1090	Statistical Methods in Psychology	
or ECON 1090	Statistical Analysis for Decision Making	
IPE 1030	Healthcare Teams Foundations and Medical Terminology	1-2
or IPE 1020	Medical Terminology	
MGMT 3850	Healthcare Policy	4
or ECON 3250	Healthcare Economics	
Concentration Courses		
HHS 2050	Culture, Health and Healing [1]	4
HHS 4100	Holistic Health in Communities of Practice [1]	4
Two courses that focus on the legal, economic, or communication dimensions of healthcare and public policy [2]		8
Total Credits		**55-56**

[1] Also meets the social and behavioral impacts of health requirement for the standard Public Health: Public Policy major

[2] See course options on the Public Health catalog page (https://catalog.stkate.edu/undergraduate/health/public-health/ba-bs/#newforfall2021text).

graduate courses taken during senior year

Code	Title	Credits
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
Choose 15-20 Credits From:		**15-20**
HHS 6720	Complementary/Alternative Approaches to Healthcare	
HHS 6730	Culture as a Resource in Health and Healing	
HHS 6740	Spiritual Wellness	
HHS 6760	Ecology and Health	
HHS 6820	Movement, Relaxation and Health	
HHS 6840	Journeys of Death and Dying	
HHS 6860	Plants, Culture, and Healing	
HHS 7500	Core Concepts in Mind/Body Interactions	
HHS 7520	Women and Holistic Health	
HHS 7620	Organizing for Social Change	
HHS 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
Total Credits		**20-25**

GRADUATE COURSES TAKEN AFTER COMPLETION OF BACHELOR'S DEGREE

Code	Title	Credits
HHS 8920	Practicum and Integrative Seminar	2
HHS 8940	Research Methods and Statistics	3
HHS 8980	Research Seminar	2
Choose electives from: [1]		**7-12**
HHS 6700	Foundations of Holistic Health and Wellness	
HHS 6720	Complementary/Alternative Approaches to Healthcare	
HHS 6730	Culture as a Resource in Health and Healing	
HHS 6740	Spiritual Wellness	
HHS 6760	Ecology and Health	
HHS 6820	Movement, Relaxation and Health	
HHS 6840	Journeys of Death and Dying	
HHS 6860	Plants, Culture, and Healing	
HHS 6953	Independent Study	
HHS 7500	Core Concepts in Mind/Body Interactions	
HHS 7520	Women and Holistic Health	
HHS 7620	Organizing for Social Change	

HHS 7710	Alternative Approaches to Nutrition	
HHS 7800	Mindfulness Based Meditation	
HHS 7830	Energy Healing I	
HHS 7835	Energy Healing II	
Total Credits		**14-19**

[1] Number of elective credits needed in fifth year depends on how many elective credits were earned in the fourth year. Students must complete a minimum of 27 elective credits to earn the MAHS degree.