

Hill College Holistic Wellness Pathway

Frequent Asked Questions

Revised 3-26-19

1. Do I have to get the biology degree?

No. You can take just the 4-6 holistic courses. The ICHWC coaching board requires an associate's degree, but if you have a previous degree (in anything) then that will count. If you aren't interested in sitting for the ICHWC coaching board exam, then you don't need a degree at all. If you want to sit for the ICHWC board and you don't have a previous degree, or if you want to transfer to a 4-yr college to pursue a higher degree in this field, you should choose the full degree option. You also need to choose the degree option to use financial aid or VA benefits (see # 5 below).

2. Which "option" should I choose?

When you fill out the Hill College application, you will choose either "degree seeking, Biology major" or "non-degree seeking". The options on the website are just meant to show you that you can customize which courses you take and if you pursue a degree or not depending on your previous experience and which boards you want to sit for. If you already have a degree, you don't need a degree. If you don't plan to sit for the coaching board, you don't need a degree. If you don't want advanced herbal training, you can take just the first 4 courses. You can customize which courses you take and if you get a degree or not.

3. Can I take it as Continuing Education, and what are the pros of that?

To apply to Hill College, you have to take the Texas state-required TSI test to show you are math and English "college ready". You don't have to pass that test to take the courses as CE courses. However, you can't use financial aid for CE courses, and you can only take 3 of the 6 courses total as CE courses. So you will eventually have to pass the TSI test to complete the Holistic Wellness Pathway. However, you can take some of the courses as CE courses while you study for the TSI or continue to retest to pass the TSI.

4. How much does the program cost?

Tuition rates are found at www.hillcollege.edu half way down the page and depend on where you live and the courses you take each semester. You only pay per semester for the hours you take that semester. The entire pathway is 19 credit hours, subdivided below per the suggested semester outline:

- Semester 1:
 - Biol 1322: 3 hrs
 - Biol 2289: 2 hrs
- Semester 2:
 - Biol 1323: 3 hrs
 - Biol 2389: 3 hrs
- Semester 3:
 - Biol 1411/1111: 4 hrs
- Semester 4:
 - Biol 2406/2106: 4 hrs

It will cost more if you are pursuing the full degree, which is 60 total hrs (including the 19 holistic hours).

5. What if I need to use financial aid?

If you need to use financial aid or VA benefits, you will need to choose “degree seeking, Biology major” on the application and maintain at least part time status (6 semester hrs per semester). This means you will need to take other classes in addition to the holistic classes for 3 of the 4 semesters. I suggest you take the least intense classes you can while you take holistic courses and save the more intense classes for summer semesters or future semesters.

6. What is the time commitment of the program?

NANP-approved programs are 1000s hrs of time commitment. That is divided over 2 semesters based upon the proposed outline (see #4 above), which is 500 hrs per 16-week semester averaging to 31ish hours each week for the first two semesters. The last two semesters average 10-15 hrs each week.

7. How long does the program take?

According to the proposed outline (see #4 above), it takes 4 semesters (two years) to complete. However, some people already have previous time commitments that can't be decreased during the school semester, so they choose to take 1 class at a time. This splits the program up into 6 semesters (3 yrs). You cannot take the program faster (you wouldn't want to as the boards have time minimums that you need to meet).

8. When do classes start?

A new cohort of classes starts every Fall (Aug –Dec) and Spring (Jan-May) for 16 week semesters.

9. Can I take summer classes?

Holistic courses are not offered during summer semesters at this time.

10. How does taking classes online work?

Depending on the class, you are either watching recordings of live classes or joining the class live via Zoom. Online students do the same assignments as the in-person students and submit pictures of their hands-on projects (gardening, medicine making, etc.). The online students get the full experience of the program, and all holistic wellness pathway students are connected via the Hill College online platform (Schoology), through group assignments, and live face-to-face meetings through Zoom.

11. Can I take some classes online and some classes in-person?

Yes, you can customize when you come to class in person vs. online.

12. What is the difference between this program and other nutrition/coaching/herbal programs?

- There are no other programs that exist that offer all three holistic fields in one place, taught by a biology PhD with board-recognized education and experience in all three fields.
- There are no other programs that exist that are regionally accredited and can transfer to 4-yr schools.
- There are no other programs that exist that are as affordable as this program.

- There are no other programs that exist that combine the clinical requirements of the national boards with the educational requirements all in one affordable program.
- This is a science-based program where you will learn the scientific method and do your own science experiments to make sure you know how to adequately assess the plethora of health products for scientifically validated use.
- In addition to the above, you will also learn how to wildcraft, permaculture garden, make medicine, can/preserve food, ferment food, make soap, and really connect to your food and medicine all in one program.