



## Sacramento State Student Health and Counseling Services

Health & Wellness Promotion

### **Active Minds**

Peer Health Educator (PHE) Internship

Fall 2011 - Spring 2012

### **Active Minds**

The 2011-2012 academic year will be the first year of the Active Minds internship in peer health education. Active Minds Peer Health Educators will be responsible for educating Sacramento State students and the campus community about mental health and emotional wellness issues (such as depression, anxiety, stress management, eating disorders, body image and suicide prevention) and reducing stigma associated with mental health issues. This internship will focus primarily on providing outreach, awareness campaigns, interactive workshops and presentations to the Sacramento State campus community.

### Who We Are

As part of Student Health and Counseling Services, Health & Wellness Promotion (HWP) programs provide direct client services, health information, referral, outreach and special events to the Sacramento State community.

### What Health & Wellness Promotion Department Internships Offer

*Internships are designed as an academic related learning activity and provide an opportunity to:*

- earn academic units
- help fellow students/peers
- have fun
- become a nationally Certified Peer Educator
- gain in-depth knowledge about college mental health
- explore working in the health education field
- to develop and/or enhance skills in planning and implementing educational programs, special events, publicity and public relations

### *Active Minds Internship Requirements*

- Interest in health education, mental health and college health issues.
- Two-semester commitment - Fall 2011 through Spring 2012.
- Completion of summer homework assignment.
- Attendance at weekly meetings throughout Fall and Spring semesters and training during Summer 2011.

### **You MUST be available for the following:**

**Fall Training Dates: August 22, 23 and 24 from 9 am. – 4 p.m.**

**Weekly Meeting during Semesters: Fridays from 1-3pm**

**Spring Training Dates: In January – To be determined based on group availability.**

- Able to perform student intern job duties and be accountable by adhering to Student Health and Counseling Services policies and procedures and Program Manager(s) supervision.
- Internships may be taken for 2-3 units per semester. Each unit equals approximately 3 hours per week. Units may be earned through Interdisciplinary (ID) 195A or through an academic department arranged by you.
- Ready to begin internship first day of Fall 2011 semester.

### *If I Am Interested, What Do I Do Now?*

- Applications are available at the Student Health Services website [www.csus.edu/hlth/get\\_involved.html](http://www.csus.edu/hlth/get_involved.html) or in The Cove – 1<sup>st</sup> floor of The Well.
- Turn application into the Student Health and Counseling Services - Health & Wellness Promotion in "The Cove" located on the first floor of The Well.
- Applications are reviewed and selected applicants are scheduled for an interview.
- Interviews and selection process finalized in May/June.

### Application Deadline:

**May 6, 2011**

### For more information please contact:

Health & Wellness Promotion at (916) 278-5422

Or, Program Supervisor, Kalyn Coppedge at [coppedge@csus.edu](mailto:coppedge@csus.edu)



## Active Minds Peer Health Educator Application

You **MUST** be available for the following:  
 Training Dates: August 22, 23 and 24 from 9 am. – 4 p.m.  
 Weekly Meetings: Fridays from 1-3

Last Name	First Name	MI	Email Address:
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Home Phone:	Cell Phone:
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Address	City	State	Zip
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Year in school (sophomore, Junior, etc)	Major Emphasis of Study
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Employment Record/Related Experience:  
*Please list present or most recent job experience first.* Be sure to include any volunteer and/or non-paid work.

Dates (MO/YR) From ___/___ to ___/___ # of hours worked per week:	Name & Address of Employer:	Job Title & Duties
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Dates (MO/YR) From ___/___ to ___/___ # of hours worked per week:	Name & Address of Employer:	Job Title & Duties
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Dates (MO/YR) From ___/___ to ___/___ # of hours worked per week:	Name & Address of Employer:	Job Title & Duties
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I am presently employed You may contact my present employer You may contact my previous employer	Yes/No Yes/No Yes/No	Please attach a list of three professional references. Include their job title and phone number.
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There are a limited number of positions in the Active Minds program. It is strongly recommended that you attach a cover letter and /or resume listing any other skills or special interests (ie, public speaking, writing, experience with Microsoft Word, Excel, PowerPoint, and/or Publisher) that might be applicable to this internship. Additionally, please include any campus organizations or clubs in which you are involved.

**I hereby certify that all statements on this application and attachments are true and complete to the best of my knowledge & belief.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please turn over page for application questions**

## Please answer the following questions:

If necessary use a separate sheet of paper to provide your responses to this portion of the application

1. Why are you interested in being a Peer Health Educator?
2. What are your future career goals?
3. What mental health issue do you think is most important to address with college students and why?
4. What are effective ways to communicate with college students?
5. What qualities do you possess that will make you an effective peer health educator?