



## Sacramento State Student Health Services

Health & Wellness Promotion  
Peer Health Educator (PHE) Internships  
Fall 2010 - Spring 2011

### Who We Are

Health & Wellness Promotion (HWP) has been an integral part of Student Health Services since 1978. All HWP programs provide direct client services, health information, literature, referral, outreach and special events. Our goals in HWP are:

- To enhance student health status and respond to student health needs through the use of educational programs, strategies and materials.
- To expand the role of the SHC to be an educational learning site as well as a health care facility.
- To offer students an opportunity to function as Peer Health Educators (PHEs) under the supervision of professional Health Education staff.

Health and Wellness Promotion offers student internships in the following areas:

- Alcohol, Tobacco, Other Drugs & Sexual Assault (ATODSA) Education  
The ATODSA PHE program educates Sac State students about alcohol, tobacco, other drugs, and sexual assault with the mission to reduce the harm associated with high risk drinking and drug use as well as eliminate sexual assault among Sac State students. The ATODSA PHEs conduct outreach events and presentations on the Sac State campus and in the greater Sacramento community in local high schools and for other organizations. Nursing students can earn application points with this internship.
- Sexual Health  
Sexual Health PHEs provide information to Sac State students about reproductive health, specifically birth control, safer sex practices, communication, relationships, decision making, and sexually transmitted infections. We meet with students 1:1 providing educational sessions on reproductive health as well as Family PACT program information. Additionally we assist with campus outreach activities, health promotion, and office operations. This internship is a great entry level opportunity for working with others, and obtaining experience in a clinical health care setting.
- Wellness/Fitness Healthy Eating & Lifestyle Program (Fit HELP)  
Wellness/Fit HELP PHEs help administer program components which include computerized lifestyle assessment, three-day diet analysis with 1:1 peer counseling, and stress management tips/information as well as help students reach their fitness, nutrition and preventative health goals such as weight management, improving fitness, and developing positive body image. We promote healthy lifestyles through presentations, literature, educational displays, outreach and coordination of Hornets on the Move, a free running and walking group.
- Mental Health  
Brand new for 2010-2011 (pending funding approval)! Mental Health Peer Health Educators will be responsible for educating Sac State students and the campus community about mental and emotional wellness issues (such as depression, anxiety, stress management, etc.), suicide prevention and reducing the stigma associated with mental health issues. This internship will entail primarily outreach and presentations to the Sacramento State campus community. *Please choose a second internship preference if interested in Mental Health Peer Education.*

### What Health & Wellness Promotion Department Internship Offers

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

- earn academic units
- explore working in the health field
- help fellow students/peers
- be part of a health education team
- have fun
- expand one's health knowledge
- enhance communication, teaching, and group process skills
- develop and provide educational presentations
- participate in campus outreach activities
- to develop and/or enhance skills in planning and implementing educational programs, special events, publicity and public relation

*Internship Requirements*

- Interest in health education and college health issues.
- Two-semester commitment - Fall 2010 through Spring 2011.
- Completion of summer assignment.
- Attendance at weekly staff inservice meetings.
- Attendance at two or three day training session in August 2010.
- Able to perform student intern job duties and be accountable by adhering to Student Health Services policies and procedures and Program Manager(s) supervision.
- Internships may be taken for 1-3 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 2010 semester.

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

- Applications are available in Health & Wellness Promotion, Room 122 of the Student Health Center or available at the Student Health Services website <http://webapps1.csus.edu/hlth/info/phe.asp>
- Turn application into the Student Health Services Health & Wellness Promotion, Room 122 Student Health Center, or email it to [cyndra@csus.edu](mailto:cyndra@csus.edu).
- Applications are reviewed and selected applicants are scheduled for an interview starting in April.
- Complete interview with Program Manager(s).
- Selection process finalized in May/June.

Who Do I Call If I Have Questions Or Need More Information?

Feel free to contact the Health & Wellness Promotion Program Managers at 278-5422. Call and ask for:

Cyndra Krogen-Morton or Jessica Heskin  
*Alcohol, Tobacco, Other Drug and Sexual Assault Education  
Mental Health Education*

Laurie Biset Grady  
*Sexual Health*

Shauna Schultz or Kalyn Coppedge  
*Wellness/Fit HELP Program*

Application Deadlines:

Sexual Health	April 30 <sup>th</sup>
Wellness/Fit HELP Program (Interviews will start the week of May 17 <sup>th</sup> )	May 7 <sup>th</sup>
Alcohol, Tobacco, Other Drug and Sexual Assault Education	Open Until Filled
Mental Health	Open Until Filled



## Health & Wellness Promotion Peer Health Educator Application

**Internship Preference:**

- Alcohol, Tobacco, Other Drug & Sexual Assault Education
- Sexual Health
- Wellness/Fit HELP

(If you are interested in more than one internship, please prioritize your choices by numbering them.)

Last Name	First Name	MI	Home Phone:	Email Address:
			Cell Phone:	

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. (Use additional sheets if necessary and attach a resume if possible.)

Dates (MO/YR)	Name & Address of Employer:	Job Title & Duties
From ___/___/___ to ___/___/___ # of hours worked per week:		
From ___/___/___ to ___/___/___ # of hours worked per week:		
From ___/___/___ to ___/___/___ # of hours worked per week:		

I am presently employed	Yes/No	Please attach a list of three professional references. Include their job title and phone number.
You may contact my present employer	Yes/No	
You may contact my previous employer	Yes/No	

Please list any other information (such as special interests, public speaking, writing, working w/groups) that might be applicable to this internship)

  
  
  
  
  
  
  
  
  
  

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

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

**Please turn over page for application questions**

