Peer Health Educator (PHE) Internship Program
Academic Year 2021 – 2022

What is a Peer Health Educator?
Peer Health Educators (PHEs) actively promote health and wellness at Sac State, serving as an important connection between Student Health and Counseling Services (SHCS) and the campus community. Through classroom presentations, workshops, special events, and other activities, PHEs provide accurate information and positive support to help students reduce their health risks and increase wellness. They encourage informed choices on a variety of wellness issues, provide resources and referrals, and promote a fun, healthy and safe campus environment and student lifestyle.

What the PHE Internship Provides
The PHE internship is a year-long academic and hands-on learning program, providing an opportunity to:

- Work with a team to build skills in planning and implementing educational programs, special events, publicity and public relations;
- Build leadership and communication skills;
- Receive training and work collaboratively across a variety of health and wellness topics;
- Serve your fellow Hornets and the campus community;
- Explore careers related to health and wellness;
- Build relationships with departments on campus and in the community to build collective impact;
- Earn academic units; and
- Have fun!

PHEs have the opportunity to focus on one or more of the following areas:

- **Active Minds (Mental Health)**
  The Active Minds program addresses mental health and emotional wellness (such as depression, anxiety, stress management, eating disorders, body image and suicide prevention) and reduces stigma associated with mental health and treatment.

- **Alcohol, Tobacco, Other Drugs (ATOD)**
  The ATOD program focuses on reducing harm related to risk alcohol, cannabis, tobacco and other substance use through group and individual education, interactive activities, collaborations with on and off-campus partners, and social media.

- **Healthy Relationships**
  The Healthy Relationships program provides information to Sac State students about reproductive health, safer sex practices, communication, and relationship skills. The program also provides sexual assault, intimate partner violence and stalking prevention education.

- **Nutrition**
  The Nutrition program provides education on balanced nutrition, healthy cooking, and food sustainability. The program offers a variety of nutrition education activities, including cooking demonstrations, presentations, and individual peer nutrition visits.
Our department is committed to creating a safe and inclusive environment. All students are welcome to apply regardless of age, cultural background, disability, ethnicity, gender identity, immigration status, religious beliefs, sex, sexual orientation, size, or socioeconomic status.

Internship Requirements

- Interest in health and wellness – All majors are encouraged to apply!
- 10-month commitment – August 2021 through Spring semester 2022
- Enrolled Sacramento State student (6 units or more) in both the Fall 2021 and Spring 2022 semesters.
- Minimum 2.0 cumulative GPA.
- Completion of summer and winter assignments.
- Attendance at summer training (August 23-27, 2021) and winter training (January 2022, exact dates TBD) is required.
- Enrollment in ID 195A (fall) and ID 195B (spring) classes, or through another academic department with prior approval.
  - Class time: Fridays 10:00 a.m. – 12:30 p.m. Classes must be taken for a minimum of two units, or 90 hours (45 hours per unit) each semester. Class attendance is mandatory to participate in this internship.
- Able to perform student intern job duties and adhere to Student Health & Counseling Services policies and procedures.

How Do I Apply?

- Complete the online application form at the link below. PLEASE NOTE: The application will not save, so you need to complete it in one session.
- Compile the information needed for the application listed on page 3 of this document.
  - LINK or copy and paste the following link in your browser: https://csus.co1.qualtrics.com/jfe/form/SV_081ImpN2fdmLTxj
- Applications are due by January 31, 2021, at 8:00 pm. Late applications will not be accepted.
- Interviews with selected candidates will be scheduled starting February 15.
- Selections will be completed and all candidates will be notified by March 12.
- Welcome meeting for students accepted into the program will be held Wednesday, May 26, at 5:00 pm. (tentative; attendance is optional but highly encouraged).

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

Student Health and Counseling Services
Health and Wellness Promotion Department
Email: reva.wittenberg@csus.edu | Phone: (916) 278-2036
Application Checklist – Information & Documents Needed

Information about you:

☐ Personal information (e.g., name, student ID #, phone, email, address, pronouns, etc.)
☐ Anticipated graduation date and major
☐ Ranking of topic areas (Active Minds, Alcohol/Tobacco/Other Drugs, Healthy Relationships, Nutrition)

Essay questions:

1. Why are you interested in being a Peer Health Educator? (2,000 characters maximum)
2. What are your future career goals, and how do you think the PHE program will contribute to those? (2,000 characters maximum)
3. How do you think the following topic areas impact Sac State Students? (Please address EACH of the four areas; 8,000 characters maximum)
   a) Alcohol, Tobacco, and Other Drugs
   b) Mental Health
   c) Nutrition
   d) Relationships and Sexual Health
4. Please describe any relevant employment and/or volunteer experience or personal qualities you possess that will help you as a PHE. (2,000 characters maximum)
5. Being a Peer Health Educator requires a significant time commitment. How will you balance the requirements of the PHE program with your other commitments? (2,000 characters maximum)