What is a Peer Health Educator?

Peer Health Educators (PHEs) actively promote health and wellness at Sac State, serving as an important connection between SHCS and the campus community. PHEs provide accurate information and positive support to help students reduce their health risks and increase wellness. PHEs have a positive impact on students’ behavior, attitudes and the Sac State environment overall. 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:

- become a Certified Peer Educator
- 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 in 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 and organizations on campus and in the community
- earn academic units
- have fun!

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

- **Active Minds (Mental Health)**
  The PHE program addresses mental health and emotional wellness issues (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 education internship works to reduce harm associated with high-risk drinking and other substance use and abuse through education, collaboration, student leadership development, and provision of resources to support and encourage healthy choices.

- **Healthy Relationships**
  The PHE program provides information to Sac State students about reproductive health, safer sex practices, communication, and relationship skills. The program also focuses on empowering students to address violence issues such as sexual assault, intimate partner violence and stalking.

- **Nutrition**
  The PHE program provides education on balanced nutrition, healthy cooking, and food sustainability. The program offers a variety of nutrition education activities, including cooking demonstrations, presentations, workshops, and special events.
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 welcome!
- Two-semester commitment – Fall 2017 through Spring 2018
- Currently enrolled Sacramento State student (6 units or more)
- Minimum 2.0 cumulative GPA
- Completion of summer and winter assignments
- Mandatory attendance at all weekly classes (Fridays 1:00 – 3:30 p.m.)
- Able to perform student intern job duties and adhere to Student Health & Counseling Services policies and procedures
- Internship must be taken for a minimum of two units, or 90 hours (45 hours per unit), each semester. Units may be earned through Interdisciplinary (ID) 195A or through an academic department with prior approval.
- Attendance at summer training August 21-25 and winter training (January 2018; dates TBD) is required

**How Do I Apply?**

- Compile the information needed for the application listed on page 3 of this document.
- Complete the online application form at the link below and upload a PDF of your cover letter and resume.
  - LINK (or copy and paste the following link in your browser: https://sacstateshcs.wufoo.com/forms/r10ltcgj0nn2xo4/)
- Applications are due by **April 16, 2017 at 5:00 pm**. Late applications will not be accepted.
- Interviews with selected candidates will be scheduled starting April 25.
- Selections will be completed and all candidates will be notified by May 19.
- Welcome meeting for students accepted into the program will be held Monday, May 22, 1:00 – 2:00 p.m. (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 Office  
E: shc-28@csus.edu  |  P: (916) 278-5422
Application Checklist – Information & Documents Needed

Information about you:

☐ Personal information (name, student ID #, phone, email, address, gender pronouns)
☐ Anticipated graduation date and major
☐ Ranking of topic areas (Active Minds, Alcohol/Tobacco/Other Drugs, Healthy Relationships, Nutrition)
☐ Employment experience
☐ Contact information for two professional references (letters of reference not required)

Essay questions:

1. Why are you interested in being a Peer Health Educator?
2. What are your future career goals, and how do you think the PHE program will contribute to those?
3. Why do you think wellness is important for the Sac State community?
4. How do you think the following topic areas impact Sac State Students?
   a) Alcohol, Tobacco, and Other Drugs
   b) Mental Health
   c) Nutrition
   d) Relationships and Sexual Health
   e) Sexual and Dating Violence
5. What are effective ways to communicate with college students about complex health issues?
6. Please list the clubs, organizations, employment, and other outside commitments you have (or anticipate having) during the 2017-18 academic year.
7. Being a Peer Health Educator requires a significant commitment. How will you balance the requirements of the PHE program with your other commitments?
8. What experience and qualities do you possess that will make you an effective Peer Health Educator?

Attachments:

☐ PDF of cover letter
☐ PDF of resume