



Peer Health Education (PHE) Program Volunteer Application Fall 2009

MISSION:

The goal of the Peer Health Education Program is to enhance emotional and physical well-being among SJSU students. Our primary objective is to recruit, train and organize students to conduct health outreach. We aim to increase students' awareness and responsible decision-making regarding health and wellness. We welcome all SJSU students' skills, creativity, questions, ideas and passion.

What is the PEER HEALTH EDUCATOR Program?

Peer Health Educators are part of the Wellness & Health Promotion Department of the SJSU Student Health Center. PHEs are students who teach their peers about preventive health through presentations, discussions, panels, workshops, health fairs, and health awareness weeks. PHEs offer health education and outreach programs specific to the seven health specialties listed below. Those who become peer educators must choose TWO of the following specialties in which to train and educate:

- * Alcohol
- * Body Image
- * Chronic Diseases
- * Tobacco and Other Drugs
- * Sexual Health
- * Stress
- * Violence Prevention

REQUIREMENTS:

- ✓ Register for HS 180 Section 4 - *add code needed* (2 unit course)
- ✓ Attend mandatory weekly HS 180 Training Class and Specialty Meetings
[Mondays and Wednesdays 11:30am - 1:00pm]
- ✓ Actively participate in PHE health events throughout the academic year
- ✓ Participate in at least 3 active programs/events and 2 passive group programs
- ✓ Facilitate at least 2 presentations
- ✓ Cover weekly Wellness & Health Promotion office reception hour

BENEFITS:

- ❖ Become a Nationally Certified Peer Educator
- ❖ Earn 2 units (HS 180 course)
- ❖ Enhance and develop skills in program coordination, leadership, communication, public speaking and networking.
- ❖ Educate the SJSU community regarding various health issues and increase knowledge of health and wellness issues.
- ❖ Collaborate and work with various student organizations and campus departments, including the Student Health Center.
- ❖ Develop concrete skills to enhance your resume.
- ❖ Opportunities to attend customized personal and career development workshops.
- ❖ Opportunity to meet new people and have fun!



Peer Health Education (PHE) Program
Volunteer Application Fall 2009
STUDENT INFORMATION

Name: _____ Student ID number: _____

Current Address: _____

Permanent Address: _____

Email Address: _____ Home Phone: _____

Cell: _____ Work Phone: _____ Birthday (MM/DD): _____

First Term at SJSU (semester & year): _____ Expected Graduation Date _____

Major: _____ Class Standing: _____ GPA: _____

RELATED EXPERIENCE RESUME

Please submit a **résumé** listing any other volunteer experience, work experience or leadership experience that you have received. Please include dates, name of organization and extent of involvement.

FALL 2009 SCHEDULE

Please list other activities/organizations you planned to be involved in during the 2009-2010 academic year (ie. fraternity/sorority, jobs, student organizations, athletics, etc.)

PERSONAL STATEMENT: (Please answer the following question on a separate piece of paper)

Why do you want to become a Peer Health Educator and which two specialties would you like to choose and why?

Please return your completed application to HB209 by September 3rd, 2009 @ 4pm. There will be an Informational Meeting held on Monday, August 31st from 11:30am - 1:00pm in Health Building Room 208. Hope to see you there!

For more information, please contact:

Jennifer Gacutan-Galang 408-924-6119 Jennifer.Gacutan-Galang@sjsu.edu OR

Melinda Chu-Yang 408-924-6203 mchuyang@email.sjsu.edu



Peer Health Education (PHE) Program
Volunteer Application Fall 2009

Availability Form

Please put an "X" in every time slot that you are available. This will let the Wellness & Health Promotion Coordinators and Team Leaders know what times you are available for meetings, Wellness & Health Promotion Reception Desk hours and events. You will not be asked to work every time slot that you mark with an "X".

Name:

Semester:

Specialties:

Hours Available:

| Times | MON | TUES | WED | THUR |
|---------------------|-----|------|-----|------|
| 9:00 - 9:30 am | | | | |
| 9:30 - 10:00 am | | | | |
| 10:00 - 10:30 am | | | | |
| 10:30 - 11:00 am | | | | |
| 11:00 - 11:30 am | | | | |
| 11:30 am - 12:00 pm | | | | |
| 12:00 - 12:30 pm | | | | |
| 12:30 - 1:00 pm | | | | |
| 1:00 - 1:30 pm | | | | |
| 1:30 - 2:00 pm | | | | |
| 2:00 - 2:30 pm | | | | |
| 2:30 - 3:00 pm | | | | |
| 3:00 - 3:30 pm | | | | |
| 3:30 - 4:00 pm | | | | |
| 4:00 - 4:30 pm | | | | |

Please list your top three choices for your Wellness & Health Promotion Reception Desk hour:

1.) _____

2.) _____

3.) _____