Peer Health Education (PHE) Program
Volunteer Application Fall 2011

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 EDUCATION 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 six health specialties listed below. Those who become peer educators are placed into TWO of the following specialties in which to train and educate:

* Alcohol, Tobacco & Other Drugs
* Body Image
* Chronic Diseases
* Sexual Health
* Stress
* Violence Prevention

REQUIREMENTS:
✓ Attend mandatory Info Meeting & Group Interview on Tuesday, May 10th OR Wednesday, May 11th, 3:30 – 5:00pm, in HB208
✓ Register for HS 180 (2 unit course) - add code given only to those accepted
✓ Attend mandatory 2-day Training Retreat in August 2011 (Date TBA)
✓ 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 5 programs/events
✓ 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 2011

STUDENT INFORMATION

Name: ___________________________ Student ID number: ___________________________

Current Address: _______________________________________________________________

_____________________________________________________________________________

Permanent Address: _____________________________________________________________

_____________________________________________________________________________

Email Address: ___________________________ Home Phone: ____________________________

Cell: ___________________________ Work Phone: ___________________________ Birthday (MM/DD): ______________

First Semester at SJSU (semester & year): ___________ Expected Graduation Date ______________

Major: ___________________________ Frosh/Soph/Jr/Sr: _________ GPA: ______________

☐ PERSONAL STATEMENT: (Please answer the following questions in 2 pages or less.)
1) Why do you want to become a Peer Health Educator?
2) Which two specialties would you like to be a part of and why?

☐ RELATED EXPERIENCE RESUME
Please submit a résumé. Be sure to list any other volunteer experience, work experience or leadership experience that you have received. Please include dates, name of organization and extent of involvement.

☐ FALL 2011 SCHEDULE
Please list other activities/organizations you planned to be involved in during the Fall 2011 semester (ie. fraternity/sorority, jobs, student organizations, athletics, etc.).

Please return your completed application to HB209 by May 12th @ 5:00 pm. There will be a MANDATORY Info Meeting & Group Interview held on Tuesday, May 10th or Wednesday, May 11th, from 3:30 - 5:00pm 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 melinda.chu-yang@sjsu.edu
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:

<table>
<thead>
<tr>
<th>Times</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 - 10:00 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 - 10:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:00 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 - 11:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 am - 12:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 - 12:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 - 1:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 - 1:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 - 2:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 - 2:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30 - 3:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 - 3:30 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 - 4:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

1.) ____________________

2.) ____________________

3.) ____________________