

Cal Maritime Academy
Center for Health Promotion and Wellness
Student Health Services

P.E.E.R Program
Prevention, Education, Empowering Results

**PEER HEALTH EDUCATOR
DESCRIPTION**

DESCRIPTION:

The Peer Health Educator (PHE) will educate and provide accurate health-related information for students on campus. Sharon McComb, Health Educator, will train PHEs on various health/wellness topics. These may include: Mental Health, Stress Management, HIV/AIDS, Nutrition, Fitness, Weight Management, Alcohol and Other Drugs, Healthy Relationships, Sexual Health, etc. PHEs will serve as a liaison between the Center for Health Promotion & Wellness, Student Health Services, and the student body. PHEs will be a health-conscious individuals modeling a healthy lifestyle and providing a positive role model image for other students. PHEs will assist in marketing, advertising, promoting health events throughout the year on campus and perhaps recruiting students for the events.

REQUIREMENTS:

- ✓ Dependable, reliable, respectful
- ✓ Public speaking skills
- ✓ Computer skills, MS Word, Excel, Power point
- ✓ A strong desire to share health information
- ✓ Excellent communication skills
- ✓ Attend all mandatory training and meetings
- ✓ Demonstrate a sincere interest in helping others in the areas of health
- ✓ Demonstrate a healthy lifestyle
- ✓ Ability to take guidance from Health Educator and Student Health Services staff
- ✓ Work a minimum of 3 hours and a maximum of 10 hours per week (average of 3-5 hours per week)

Center for Health Promotion & Wellness

Sharon McComb, M.S., Health Educator, 707-654-1177, smccomb@csum.edu
Student Health Services, Front Desk, 707-654-1170

Cal Maritime
Center for Health Promotion & Wellness, Student Health Services
P.E.E.R Program (Prevention, Education, Empowering Results)
Peer Health Educator Application

Return Application to Sharon McComb, Health Educator, Student Health Services, by 2/15/2013

(Please Print Neatly)

Name: _____ **Current GPA** _____ **DOB:** ____ / ____ / ____

Address: _____

Phone: _____ **Cell Phone:** _____

E-Mail Address: _____

Year in School: _____ **Major:** _____

List 3 reasons why are you interested in becoming a Peer Health Educator?

1. _____
2. _____
3. _____

What skills, education/training, or past experience will help you contribute to our group?

1. _____
2. _____
3. _____
4. _____

Why should we hire you as a Peer Health Educator?

1. _____
2. _____
3. _____

What issues or topics do you believe affect most college students today?

1. _____
2. _____
3. _____

What is your definition of teamwork? _____

Signature: _____ **Student ID #:** _____ **Date:** _____