

# CMA Student Health Services

Center for Health Promotion & Wellness

**Now Recruiting**

# PEER HEALTH EDUCATORS



Call Sharon McComb, Health Educator, SHS, 654-1177 for information

Or pick up PEER Health Educator application at SHS Front Desk

**Application deadline: February 15, 2013 at 5:00 pm**

# Cal Maritime Peer Health Education Program

*Center for Health Promotion & Wellness, Student Health Services*

## **P.E.E.R Program (Prevention, Education, Empowering Results)**

Sharon McComb, M.S., Health Educator, Student Health Services, (707) 654-1177, smccomb@csum.edu

### **Who Can Become a PEER Health Educator?**

Peer Health Educators (PHEs) are a diverse group of Cal Maritime students trained to educate their classmates about college lifestyle and wellness issues in a positive, interactive, fun, and nonjudgmental manner.

Comprehensive training prepares PHEs to facilitate dynamic outreach programs; encourage physical, mental, and spiritual health; create informative awareness events; and promote community support to create a healthy campus culture. PHEs are dedicated to providing education and community support with sensitivity to race, gender, sexual orientation, culture, religion, and individual capabilities.

### **Expected Commitment**

Being a PHE will require a commitment of time and energy (an average of 3-5 hours per week). Minimum commitment of two semesters is required.

PHEs will be required to attend one-hour weekly planning/training meetings. Once trained, PHEs will provide health education to the campus community by planning, implementing and marketing outreach programs, education sessions, and/or wellness events/initiatives.

### **Key Tasks and Responsibilities**

- Attend mandatory one-hour weekly planning/training meetings
- Design, organize, and participate in campus-wide health promotion awareness activities/events
- Design and present outreach programs
- Staff information tables (i.e., Breast Cancer Awareness Month)
- Design and distribute flyers, brochures, and other promotional materials

### **Benefits**

- Gain extensive knowledge about health promotion theory and practice, men's and women's health, mental health, stress management, depression, healthy relationships, sexual health, alcohol, tobacco and other drugs, and nutrition.
- Become part of a highly skilled, diverse team of students committed to providing accurate, nonjudgmental college-health information to the Cal Maritime campus community
- Develop teaching, communication, presentation, and group facilitation skills
- Become a recognized member of the Student Health Services volunteer staff
- Have an opportunity to contribute significantly to the growth of the Peer Health Education program

### **Sample Campaign Peer Activities**

January	Healthy Weight Week National Blood Donor Month
February	Sexual Responsibility Week Random Acts of Kindness Week
March	National Collegiate Health and Wellness Week National Sleep Awareness Week Safe Spring Break & Test Anxiety
April	Alcohol Awareness Month Sexual Assault Awareness and Prevention Month

	Earth Day
September	Suicide Prevention Week National Cholesterol Education Month
October	National Depression and Mental Health Screening Month Make a Difference Day
November	American Diabetes Month Great American Smoke-out World Kindness Week
December	AIDS Awareness Month Pre-Finals Stress Reduction Programming/Study Skills/Test Anxiety

### **Requirements for Application and Acceptance**

You must be a student at Cal Maritime and have a cumulative GPA of 2.5.

A strong PHE applicant should possess the following qualities:

#### Personal skills

- Strong interest and enthusiasm in promoting healthy behaviors among your fellow students
- Open mind to cultures, practices, and sexual orientations different from your own
- Sensitivity to controversial and personal topics that are sometimes embarrassing, and have a willingness to talk candidly about them
- Ability to articulate the facts about health-enhancing behaviors and dispel myths and misperceptions
- Dedication to health education, health promotion, and the PHE program
- Demonstrate a sincere concern for others, their well-being and quality of life

#### Operational skills

- Ability to speak publicly in a positive, engaging, interactive, and nonjudgmental manner
- Ability to show concern and empathy in a one-on-one information-sharing format
- Ability to function in a group, both as a leader and as a supportive team member

#### Other requirements

- Must attend weekly PHE training sessions.

### **How to Become a Cal Maritime Peer Health Educator...**

Recruitment for the PHE program will take place starting in January 2013. Please complete the attached PEER Health Educator application and return it to Student Health Services on or before the February 15, 2013 deadline.

We look forward to receiving your application or inquiry. If you would like to learn more about stress, sexuality, alcohol, and other college-health issues, would like to be part of an effort to raise awareness of these issues on campus, and have the interest and the time to devote to being a PHE, we welcome your contribution to the program and encourage you to apply.

Thank you for your interest!

For more information please contact:

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