2016 – 2017 Student Assistant Application
Health Education and Promotion (HEP), Student Health and Counseling Services

Applications are due by 4:00 PM on Friday, February 12 2016 to the Health Education and Promotion Department, Third Floor, Student Health & Wellness Center; or via e-mail at hep@shcs.ucdavis.edu

Instructions:
1. Please complete the application below. If you need more room to answer the questions, feel free to attach additional sheets of paper. Please type or neatly print your answers.
2. Please read, sign and date the attached form titled “Suggested Role Modeling Behaviors.”

Name: ________________________________________________________________
Address: _______________________________________________________________________________
Phone: (_______)_________________________ Student ID #: ________________________
E-mail: ________________________________________________________________________________
Major: ___________________________ Year In School: ________________________
Expected Graduation Date: _________________

How did you learn about this position? ________________________________________________________________________________________

1. Mark the position(s) for which you are applying. If you are applying for more than one position, please rank them in order of interest (e.g., 1 = most interested, etc.).

    ________ Alcohol, Tobacco and Other Drug Issues Student Assistant
    ________ Sexual Health Student Assistant
    ________ Wellness Student Assistant (physical activity, nutrition, garden, bike helmet use)
    ________ Stress, Sleep and Mental Wellness Student Assistant

2. Why are you interested in this position(s) and what do you hope to gain from it?

3. Please list any jobs, volunteer work, participation in student organizations, and/or course experience you have related to the position(s). You can supplement this answer by attaching a resume.
4. Please describe any public speaking experience or training you have received.

5. Please describe your marketing/media skills and experience.

6. Please describe your experience working with diverse communities.

7. This is a two part question:

   Part 1. What is the biggest health and wellness concern on this campus and why?

   Part 2. What steps would you take when developing a program to address this issue?
8. The following commitments are required for this position. Please initial each to confirm that you can meet the following requirements:
   ______ Will be a current student during all three quarters, in satisfactory academic standing, Fall 2016 continuing through Spring 2017.
   ______ This position is a three-quarter commitment, in addition to training and one half day of team building.
   ______ Work 8 – 12 hours per week (average 10) during fall, winter and spring quarters.
   ______ Attend mandatory training for paid student staff on September 10, and 12 – 15, 2016.
   ______ Attend mandatory trainings for volunteers (as needed) on September 16, 19 and 20, 2016.
   ______ Attend a half day retreat on Saturday, October 15, 2016.
   ______ Attend weekly all staff meetings on Tuesdays from 5:10 – 6:00 PM.
   ______ Attend weekly volunteer meetings on Thursdays from 5:10 – 6:00 PM (on as needed basis).
   ______ Have your medical clearance completed by TBD, and cover or have your insurance cover the cost (about $30).

9. Please list the time commitments you will have next year (e.g. academic responsibilities, student organization involvement, other work and/or athletic responsibilities).

10. Please list two references (No family, friends or roommates please):

    Name   Phone   Relationship

    1)  

    2)  

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Health Education and Promotion
Suggested Role Modeling Behaviors

At Health Education & Promotion, staff members educate students on health enhancing behaviors and health damaging/risky behaviors. As HEP staff, students and other members of the campus community view us as role models for the healthy behaviors our program promotes. Making these behaviors a part of our lifestyle increases the credibility of the messages we are giving students. Some of the suggested healthy habits and role modeling behaviors are as follows:

- Wear seat belts while driving or riding in an automobile.
- Wear a helmet when riding a motorcycle or bicycle.
- Take part in healthy eating habits and develop positive statements regarding healthy body image and acceptance of differences in body shapes and sizes.
- Abide by the legal age of alcohol consumption. The University of California supports all state and federal laws regarding alcohol and illegal drug use.
- If you choose to drink, be responsible. Do so in a low risk and moderate fashion. This means: no public intoxication, limit drinks to 1 or fewer per hour with no more than 2-3 per occasion.
- If you choose to be sexually active, please practice safer sex strategies.
- Promote tobacco free lifestyles, since there are no known safe levels of use.
- Eat a variety of foods. Choose a diet with plenty of vegetables, fruits and grains. Keep your diet low in saturated fat and cholesterol and consume sugars in moderation.
- Drink enough water to stay hydrated each day.
- Aim for 20 minutes of vigorous exercise or 30 minutes of moderate exercise on most days.
- Walk - every step counts!
- Get enough sleep so that you feel rested and ready for the day ahead (Aim for 7-9 hours).
- Try to take at least 3 minutes each day to relax. Breathe deeply into your abdomen, meditate or just sit and be present.

We will not be policing individual behaviors, thus the impetus for compliance is solely on the individual to choose to incorporate these healthy habits into her/his lifestyle. If, from a supervisory standpoint, we become aware of an individual's behavior(s) that would reflect poorly on the Health Education and Promotion program, Student Health and Counseling Services, or might take away from an individual’s credibility, the behavior will be addressed confidentially. Outcomes will be handled on a case-by-case basis and HEP reserves the right to terminate the relationship of the individual with the HEP Program.

In making these suggestions, we accomplish several objectives. First, we encourage HEP staff to personally benefit from the information and education provided. This is an impact that may have lifelong rewards. A second benefit will be a staff member's increased sensitivity towards the issues, difficulties and rewards that may come from making the healthy lifestyle changes that we promote. The third benefit is a greatly enhanced credibility with audiences when they recognize that HEP staff members have personal experience with these healthy habits.

I have read and understand these guidelines:

Signature ___________________________ Name (printed) ___________________________ Date ___________________________