

LIVE. GROW. THRIVE.



UHS Health Promotion Office



JOIN
THE
TEAM

PEER HEALTH ADVOCATE INTERNSHIP

STEP 1

TAKE PH 216 IN THE SPRING
2018 SEMESTER.
(T/TR 9:40-10:55)

STEP 2

APPLY TO THE PHA
INTERNSHIP (PH 394) IN
APRIL 2018.

STEP 3

IF ACCEPTED, WORK AS A
PHA IN THE UHS HEALTH
PROMOTION OFFICE DURING
THE FALL 2018 & SPRING
2019 SEMESTERS.

For more information, contact Amy Nadelen: anadelen@uhs.rochester.edu

PH 216 COURSE DESCRIPTION

This course will focus on contemporary health and wellness issues for college students: alcohol and other drugs, relationships and sex, mental wellness, nutrition, and physical activity. An introduction to the concepts, theory, and practice of health promotion and peer-based health advocacy will also be provided. In addition, students will be challenged to grow as leaders by developing the necessary skills to become effective peer health advocates. Throughout the semester students will strategically develop a comprehensive health promotion program on a health and wellness topic relevant to college-aged students.

PH 394 COURSE DESCRIPTION

This internship provides a setting in which students bring together what they have learned in PH 216 to further develop their skills as Peer Health Advocates. Requirements include one 75-minute class per week plus 60 hours of field work per semester as a PHA in the UHS Health Promotion Office. Students will utilize their knowledge of behavior change theory (Transtheoretical Model of Behavior Change, Health Belief Model, etc.) and public health planning frameworks (LOGIC model, Socio-Ecological Model, MAP-IT, etc.) to work on a variety of health promotion programs on campus. Topics will focus on: alcohol and other drugs, relationships and sex, mental wellness, nutrition and physical activity. Upon completion of this internship, students will develop a comprehensive online portfolio to showcase their project work to future graduate schools and employers.

INTERNSHIP DETAILS:

- PH 394 is a 2 credit class which can be taken twice and then counted as an elective for Public Health majors.
- Although it is ideal for a student to complete the two-semester internship in one academic year, flexibility will be offered for students who wish to study abroad.
- Class will be co-taught by Amy Nadelen (UHS Health Educator) and Amber Ingalls (Assistant Director of Alcohol and Other Drug Education).
- Class will meet once per week for 75 minutes. Day / time of class TBD.
- There will be a requirement of 60 hours of field work per semester (an average of 4-5 hours per week).
- Students choose their main area of focus: alcohol and other drugs (AOD), relationships & sex, mental wellness, or nutrition / physical activity.
- Students with a focus on alcohol and other drugs will become SWARM trainers and also provide AOD prevention education to athletic teams, fraternities & sororities, and the general student population.
- Assessment is based on: involvement in the Health Promotion Office's annual programs, evaluations from at least three RA hall programs / athletic team presentations / fraternity or sorority presentations, three tabling events, monthly articles on the Student Health 101 blog, a 5-7 page reflection paper, and the final online portfolio.