

Dear Peer Health Educator Applicant:

Thank you for applying for the Peer Health Educator (PHE) position at the Wellness Center. Being a Peer Health Educator requires a substantial commitment of time and energy to provide excellent service and programming to the student population at Concordia University Irvine.

Included in this packet, you will find a description of the Peer Health Educator position, an application and reference form. Applications must be completed and submitted to the Wellness Center.

Please note the following for the Peer Health Educator position:

- ✓ PHE's must complete the 12-hour Certified Peer Educator training. (Dates and location TBA)
- ✓ PHE's are responsible for attending 2-3 hours of planning meetings per week. (Dates and location TBA)
- ✓ PHE's must attend the CUI Student Leader Training August 8<sup>th</sup> & 9<sup>th</sup> and 12<sup>th</sup> & 13<sup>th</sup>
- ✓ PHE's will take part in the Week of Welcome on August 16<sup>th</sup> – 18<sup>th</sup>
- ✓ PHE's are responsible for attending All Student Leader meetings:
  - November 11<sup>th</sup> 4:30 p.m. - 5:45 p.m. DeNault Auditorium
  - March 10<sup>th</sup> 4:30 p.m. - 5:45 p.m. DeNault Auditorium
- ✓ PHE's must complete 3 counseling sessions with a counselor at the Wellness Center
- ✓ PHE's will work as a team together to plan events that will serve the student body

If you have any questions regarding the position, please do not hesitate to contact me at (949) 214-3108, or via email at [margaret.gamboa@cui.edu](mailto:margaret.gamboa@cui.edu).

Sincerely,

Margaret Gamboa, MPH, CHES  
Health Promotion Specialist

The Peer Health Educator (PHE) Program was created to engage students of Concordia University Irvine in programs that will enhance the health and safety of the campus, community and world. During each academic year, we select students through an application process who would like to serve as Peer Health Educators. Students will be trained to educate and encourage their peers to make healthy lifestyle choices in a positive, interactive, fun, and nonjudgmental manner. PHE's assist in the development, implementation, and evaluation of health promotion programs including alcohol, other drug and violence prevention programs.

One of the PHE's will serve as the "Campus Correspondent" for Concordia University Irvine. This position requires a minimum of 5 additional hours each month. The roles, responsibilities and qualifications of the PHE and Campus Correspondent are described below.

### **Peer Health Educator (PHE)**

#### **Role**

- Assist the Health Promotion Specialist with the development and implementation of health promotion events and activities at Concordia University Irvine
- Educate and encourage peers to make healthy choices
- Maintain a standard of excellence, leadership, academic and spiritual maturity

#### **Key Tasks and Responsibilities**

- Attend 2-3 hour weekly planning meetings (dates and location TBA)
- Planning, organizing, and participating in campus-wide awareness activities
- Staffing information tables (i.e., RADD event, Safe Spring Break Week)
- Designing and distributing flyers, brochures, and other promotional materials

#### **Qualifications**

- Strong interest and enthusiasm in promoting healthy behaviors among your peers
- Open mind to cultures and practices different from your own
- Ability to articulate the facts about healthy behaviors and dispel myths and misperceptions
- Dedication to health education, health promotion, and the PHE program
- Demonstrate a sincere concern for others and their well-being
- Ability to speak publicly in a positive, engaging, interactive manner
- Ability to function in a group, both as a leader and as a supportive team member

#### **Commitment**

- PHE's must be available during all PHE spring meetings, 2012 (dates and locations TBA)
- PHE's must complete the 12-hour Certified Peer Educator training in spring, 2012
- Minimum commitment of one semester is required; two semesters is preferred

- One PHE will be the “Campus Correspondent” and is responsible for committing to an additional 5 hours each month interviewing students on campus

### **Training**

As a Peer Health Educator, you are required to complete a 12-hour student leader training program to become a Certified Peer Educator. Peer Health Educators will learn to educate, confront, listen to, and help their peers make health lifestyle choices. At the end of the semester you will receive Certified Peer Educator certificate. PHE’s also attend the CUI student leader training in August 2013.

Students trained as a Certified Peer Educator (CPE) will:

- ✓ Become caring helpers to others
- ✓ Create awareness of health and safety risks
- ✓ Provide referrals for students at-risk to professional services
- ✓ Conduct educational programs and events
- ✓ Increase leadership skills
- ✓ Understand the prevention field and strategies

### **Exciting campus-wide events and awareness campaigns you can help with as a PHE**

- RADD Designated Driver Reward Program
- Nutrition/Healthy Eating
- Student Health 101 Online Magazine
- Sexual Assault Awareness and Prevention

### **Benefits of PHE Position**

- Learn about the most current information on college health topics
- Develop your leadership and communication skills
- Develop program planning and presentation skills
- Make a difference in the health and well-being of the CUI community
- Interact and collaborate with various campus organizations including the Center for Student Leadership and Development, Residence Life and Wellness Center
- Enhance resume
- Possible internship credit

### **Questions**

If you have questions about the Peer Health Educator position, please contact:  
Margaret Gamboa, MPH, CHES  
Health Promotion Specialist  
(949) 214-3108  
margaret.gamboa.cui.edu



Peer Health Educator Application

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Major: \_\_\_\_\_ Year: \_\_\_\_\_ GPA: \_\_\_\_\_

Please answer the following questions typed on a separate document.

1. What skills, knowledge and/or experience do you have that would contribute to your success as a Peer Health Educator?
2. What personal strengths and qualities do you hold that would help you be an effective Peer Health Educator?
3. Please list any outside commitments you will have while being a PHE. Include work commitments, membership in campus or community organizations, etc. and the hours per week for your to fulfill your commitment. Please realize that this position requires a commitment of time and dedication. Rank your commitments by priority.
4. Looking at your outside activities and commitments, how do you plan on balancing these with the many responsibilities of the PHE position?
5. In one sentence, why should you be chosen as a PHE?

Please list two references who know you professionally (professor, employer, club advisor):

Name	Relationship	Phone
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Name	Relationship	Phone
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**Application submission: Due Thursday April 11, 2013 4:00 p.m.**

Please drop off the completed application to the Wellness Center at Concordia University Irvine, Attn: Margaret Gamboa, Health Promotion Specialist, (949) 214-3108.