What Is a Healthy Herd Champion?

- The Healthy Herd Champion Program is dedicated to promoting healthy lifestyle choices to NDSU students through health and wellness programming and campus outreach while maintaining a holistic approach through the 7 Dimensions of Wellness (physical, environmental, social, spiritual, intellectual, occupational, and emotional).
- Healthy Herd Champions is a Student Wellness Peer Education Program within Health Promotion in NDSU Student Health Service.
- Healthy Herd Champions focus on mental health and substance use education for students along with other areas of health and wellness that include the 7 dimensions of wellness.
- Healthy Herd Champions are students who serve as leaders and role models to fellow students and encourage others to make responsible and healthy lifestyle choices.

Responsibilities

- Exhibit a passion for health and wellness with a willingness to serve as a role model for other students.
- Assist in the design and implementation of program activities, awareness campaigns, presentations, and other campus outreach based on relevant health and wellness topics for NDSU students.
- Effectively refer students to campus resources related to health and wellness needs.
- Work independently and with a team.
- Opportunity to collaborate with the Seim Hall Wellness Living-Learning Community.

Requirements

- Complete the application and interview process.
- Serve as a Healthy Herd Champion for one academic year.
- Dedicate up to 5 hours a week (including some evenings) to program planning, implementation, and campus outreach. Most weeks, your time commitment will only be 1-2 hours.
- Attend all meetings and training sessions as scheduled.
  - Training Dates: 8/18/21 & 8/19/21

Benefits

- Gain knowledge on current health and wellness topics affecting college students.
- Develop skills in leadership, critical thinking, public speaking and other communication methods.
- Involvement in a dynamic, pro-active peer program.
- Opportunity to gain experience in program design.
- Expand social network and develop positive working relationships.
- Build your resume.

How do I become a Healthy Herd Champion?

Visit the Healthy Herd Champion webpage for more information and application details. For questions or more information, contact Nicole Outka, Health Promotion Graduate Assistant, at nicole.outka@ndsu.edu