Be a Healthy Herd Champion
Student Wellness Peer Education Program

What Is A Healthy Herd Champion?

- Healthy Herd Champions is a Student Wellness Peer Education Program that functions as an extension of the Wellness Education program based out of the NDSU Student Health Service.
- Healthy Herd Champions are undergraduate students who serve as leaders and role models to fellow students and encourage others to make responsible and healthy lifestyle choices.
- Healthy Herd Champions develop programs, presentations, and outreach initiatives based on relevant health and wellness topics for NDSU students.
- Healthy Herd Champions focus on all areas of health and wellness, including the 7 dimensions of wellness (physical, environmental, social, spiritual, intellectual, occupational, emotional), sexual health, immunization and cold/flu education, tobacco cessation, stress management, and more!

Major Responsibilities

- Assist in the design and implementation of program activities, awareness campaigns, and other campus outreach.
- Effectively refer students to campus resources related to health and wellness needs.
- Be able to work independently and with a team.
- Attend all meetings and training sessions as scheduled.
- Serve as a mentor to the Wellness Living-Learning Community.

Requirements

- Have a passion for wellness and a willingness to serve as a role model for other students.
- Serve as a Healthy Herd Champion for one academic year.
- Be a NDSU undergraduate student with at least two semesters remaining at NDSU following initial year to allow for continued peer education outreach.
- Dedicate approximately 5 hours/week to program.
- Complete the application and interview process.

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.
- Become a nationally recognized Certified Peer Educator through the Bacchus Initiatives of NASPA.
- Opportunity to gain experience in program design.
- Expand social network and develop positive working relationships.

How do I become a Healthy Herd Champion?

Submit application to Emily Hegg, Wellness Education Coordinator of the NDSU Student Health Service by Tuesday, March 15, 2016. For questions or more information, please feel free to contact Emily Hegg at 701-231-8560 or emily.hegg@ndsu.edu.
Healthy Herd Champions
Student Wellness Peer Education Program Application

Applicant Information

Full Name: ___________________________________________ Date: ________________

Last     First     M.I.

Address:
Street Address __________________________________________ Apartment/Unit # ________________

City __________________________________________ State __________ ZIP Code __________

Phone: ___________________________ Email: __________________________

Student ID Number: ______________ Program and Major: __________________________________________

Current Class Standing: ☐ Incoming Freshman ☐ Freshman ☐ Sophomore ☐ Junior ☐ Senior

(Preference will be for those who have at least 2 semesters remaining at NDSU following initial year of serving as a Healthy Herd Champion.)

Current GPA: ___________________________ Expected Graduation: ___________________________

Month Year

Questions

Please check all the health and wellness topics that interest you.

☐ Nutrition   ☐ Sexual Health   ☐ Physical Activity
☐ Stress Reduction   ☐ Tobacco Cessation   ☐ Mental Health
☐ Alcohol and Other Drugs   ☐ Suicide Prevention   ☐ Sleep Hygiene

☐ Other: __________________________________________

Please list other campus organizations that you belong.

Do you plan to or do you currently reside in the Seim Hall Wellness Living-Learning Community? ☐ Yes ☐ No

If Yes, are you interested in becoming a designated mentor to the Wellness Living-Learning Community where you will help guide their wellness education efforts? ☐ Yes ☐ No
Why are you applying to be a Healthy Herd Champion? What do you hope to achieve for yourself and others?

What qualities and skills do you possess that you believe will make you a successful peer educator?

In your opinion, what are some issues that your peers experience while at college? How can you, as part of the Healthy Herd Champions, impact these experiences?

Disclaimer and Signature
Healthy Herd Champions will dedicate approximately 5 hours a week to program planning, implementation, and campus outreach. In addition to these hours, there will be opportunities to serve as a mentor to the Wellness Living-Learning Community and participate in individual and group meetings.

I acknowledge that the information contained in this application is factual and is a realistic assessment of my abilities. I understand that being a Healthy Herd Champion comes with roles and responsibilities, and if chosen, I promise to act as a positive role model for all students on the NDSU campus.

Signature:  ____________________________  Date:  ____________________________