HELPING EVERYONE REACH OPTIMAL HEALTH

HEROH

Member Application Form

Name ____________________________________________________________ Date ______________________

Male _____ Female _____ Student ID Number __________________________________ Date of Birth ____________

Email Address ________________________________________________ Cell Phone __________________________

Local Address ______________________________________________________________________________________

Major__________________________________________ Minor ________________________________

Class Standing: Freshman ________ Sophomore ________ Junior ________ Senior ________ Grad Student ________

Expected Date of Graduation ________________

Expected Course Load for: Fall Semester__________ Spring Semester ______________

Why are you interested in becoming a HEROH member?

How many hours are you willing to dedicate to HEROH on a weekly basis?

Committees

This portion will be used to identify where HEROH can best utilize your talents. Use the table below to express your first, second, third, or fourth committee choice for the 2014-15 academic year. For instance, if sexual health is your first choice circle the number 1 next to sexual health and rank the other committees 2, 3, or 4 accordingly. We will use these rankings to assign members to the committee that they will be the most beneficial. Please keep in mind that we will do our best to honor everyone’s requests but you may or may not receive your number one choice. Please be willing to use your talents in more than one committee.

<table>
<thead>
<tr>
<th>Committee Names</th>
<th>Rank</th>
<th>What qualities do you have that will make you a benefit to this group? (ex: major, experience, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Other Drugs</td>
<td>1</td>
<td>2 3 4</td>
</tr>
<tr>
<td>Nutrition and Physical Activity</td>
<td>1</td>
<td>2 3 4</td>
</tr>
<tr>
<td>Sexual Health</td>
<td>1</td>
<td>2 3 4</td>
</tr>
<tr>
<td>Social and Mental Health</td>
<td>1</td>
<td>2 3 4</td>
</tr>
</tbody>
</table>

I understand the goals of the HEROH membership I am applying for and the commitment it involves.

Signature ____________________________________________________________ Date ________________

Please return this application to Mariah Weber (WC106) or to the HEROH Resource Office (WC106).
HEROH

Member Description

South Dakota State University Wellness Center
1440 North Campus Drive
Box 2818
Brookings SD, 57007

HEROH Office: WC 106
Mariah’s Office: WC 106
Meetings: WC Conf. 110

HEROH: 688.4312
Mariah: 688.4585

MISSION

HEROH students operate as an extension of the Wellness Center at South Dakota State University. HEROH members provide campus-wide health promotion campaigns designed to prevent health problems by educating and encouraging healthy lifestyles.

GOALS

- To help students understand the importance of healthy lifestyle behaviors.
- To increase students’ abilities to identify risky behaviors and manage their own health.
- To provide students with the information and support needed to assist them in positive lifestyle changes.
- To promote holistic health and wellness themes on SDSU’s campus through the sponsorship of national, international and other health awareness events.
- To provide information about Wellness Center programming including support and services (Student Health Clinic, Counseling Services, Nutrition Services, Family Planning, Fitness & Intramurals).
- To give HEROH members experience in developing and presenting health education programs.
- To give HEROH members the training and experiences needed to gain leadership skills.

HEROH members hold to the following principles:

- We are committed to our personal wellness and engage in activities that keep us healthy.
- We show our esteem for students by effectively offering well prepared information.
- We strive to create a meaningful experience for all participants.
- We are willing to work towards having positive and healthy relationships with each other.

COMMITTEES

HEROH committees have been separated into four different aspects of health that greatly affect college students and the surrounding community. Each committee will be responsible for planning and hosting at least two programs a semester in addition to any HEROH programs that are already scheduled. The time commitment that members are required to make is based on that of each committee and the programs that are put on. The following are basic descriptions of each committee so that you may get an idea of what each committee is responsible for. Please read through each description carefully and be open-minded about which committees you would like to be a part of.

Alcohol and Other Drugs: “Don’t Start. Be Smart.”

HEROH members within this group will focus their energy into educating the campus and community on issues that have to do with the use and abuse of alcohol and other drugs including: tobacco, marijuana, prescription drugs, etc. This committee will be responsible for:

- Conducting all alcohol or drug related events for the academic year, including the Great American Smokeout 5K.
- Planning events around health observances such as Red Ribbon Week, National Collegiate Alcohol Awareness Week, Alcohol Awareness Month and National Drug Facts Week.
- Being creative and knowledgeable in planning events that are both interesting and relatable to provide the campus and community with effective programs.
- Keeping the protocols pertaining to alcohol and other drugs up to date.

**Nutrition and Physical Activity: “Portion Patrol”**
HEROH members within this group will focus their energy into educating the campus and community on general nutrition and physical activity issues including obesity, diabetes, overall health, etc. This committee will be responsible for:

- Conducting all nutrition and physical activity seminars for the academic year, including National Nutrition Month.
- Planning events around national observances such as National Health Education Week, American Diabetes Month, National Nutrition Month, and National Physical Fitness and Sports Month.
- Being creative and knowledgeable in planning events that are both interesting and relatable to provide the campus and community with effective programs.
- Keeping the program protocols pertaining to nutrition and physical activity up to date.

**Sexual Health: “Sexperts”**
HEROH members within this group will focus their energy into educating the campus and community on sexual health and reproductive health issues including sexual assault, STI’s, safe sex, etc. This committee will be responsible for:

- Conducting all sexual health seminars for the academic year, including Sex Ed Boot Camp.
- Planning events around national observances such as World AIDS Day, Sexual Responsibility Week, and STD Awareness Month.
- Being creative and knowledgeable in planning events that are both interesting and relatable to provide the campus and community with effective programs.
- Keeping the program protocols pertaining to sexual health up to date.

**Social and Mental Health: “We Mind”**
HEROH members within this group will focus their energy into educating the campus and community on social and emotional health issues including stress, sleep, relationships, etc. This committee will be responsible for:

- Conducting all social and emotional health seminars for the academic year, including Stress Free Days.
- Planning events around national observances such as Suicide Prevention Week, National Depression Screening Day National Sleep Awareness Week, and Mental Health Month.
- Being creative and knowledgeable in planning events that are both interesting and relatable to provide the campus and community with effective programs.
- Keeping the program protocols pertaining to social and emotional health up to date.

**HEROH CERTIFIED PEER EDUCATORS**
- Each spring, eligible HEROH members will have the opportunity to apply to become 1 of 10 Certified Peer Educators.
- HEROH students are eligible if they have at least year of experience and 15 contact hours/points per semester.
- If selected, applicants must go through a 12 hour training program to become Certified Peer Educators.
- Certified Peer Educators will be the education leaders of HEROH. They will be responsible for ensuring that programs are educational and beneficial, as well as, assisting and training other members in effective educating procedures.