Enhancing your education at UC with volunteer experiences and involvement in health-related organizations can drastically increase the likelihood of landing the job you want after graduation!

Upcoming Events

**Stomp Out the Stigma**
Thursday, April 2nd, 7pm
Location: TUC 400A
Throughout the spring semester, ESG has focused on mental health among college students. Their efforts will culminate with this informative and stigma-busting panel discussion about life with mental illness.

**Health Hut: Financial Wellness**
Tuesday, April 7th, 11am-12:30pm
Location: TUC Atrium
Eta Sigma Gamma and the UC Student Wellness Center will be hosting a tabling event all about managing your money in college. If you are interested in volunteering, please email Michelle Glancey at glancemm@mail.uc.edu.

**HPE Lunch & Learn: Alumni Panel**
Tuesday, April 14th, 12pm-1:30pm
Location: Annie Laws, Teachers 407
Come get FREE LUNCH and learn about previous HPE students’ experiences and successes after graduation! Alumni from both the Public & Community Health track and the Exercise & Fitness track will be participating and sharing their experiences.

**Bowling with Eta Sigma Gamma!**
Thursday, April 9th, 7-9pm
Location: Axis Alley, Newport, KY
Come celebrate the end of the school year and your many successes with Eta Sigma Gamma for a night of bowling, friends, and fun! Please RSVP to Caitlin Richman at richmacl@mail.uc.edu.

**Finals Stressing You Out?**
Stop by one of the many Stress Less Fest events the week of 4/20-4/24 to relax and have some fun! Visit www.uc.edu/wellness for the complete event schedule.

Alumni Spotlight: Lisa English

Lisa English’s fitness journey began as a child. She loved playing outside until dark - she spent most of her time riding her bike, hiking through the farm fields, and enjoying games of backyard tag and kickball with the neighbors. Her health and wellness journey continued to evolve through adulthood after she received her Masters in Health Promotion and Education with a focus on exercise management. Now, she shares in each of her clients’ excitement as they gain self-confidence, energy, improved functioning, and a higher quality of life! She believes in meeting people where they are and helping them get to where they want to be. Her greatest satisfaction comes from educating and empowering people and having the privilege of experiencing all of their successes with them along the way! She is now a successful trainer with her own business, Beyond Fitness, which has won the “Best Fitness Class” award by Cincy Magazine’s Best of the East!
Earning your degree opens many doors for different job opportunities—some that you might want and others that you might not want—but there are certain things you can do now to help you find a job related to your major after graduation! It can be a challenge to find a job that not only matches your skills and personality, but one that also fulfills the current needs of the economy. With a little planning and preparation you will be on your way to hearing the words “You’re the best person for the job!” Here are some basic tips to set yourself up for success:

**Get involved.** Getting experience in the field now (even if you don’t get paid for it!) will increase your chances of finding employment after graduation. Here at UC, Eta Sigma Gamma strives to provide quality health education and professional development experiences for students through a variety of activities and programs. Volunteering at health related organizations can give you experience and connections to land a job in the future. Additionally, joining professional organizations like Ohio SOPHE provide multiple opportunities to network and learn from professionals in the field.

**Intern.** Internships are one of the best ways to get a job after graduation. Why? Because a great job performance while interning can translate into a full-time job. Showing that you are professional, produce high-quality work, and are dependable will result in a great recommendation from your supervisor.

Finally, don’t give up on the job search! Landing a job in the field soon after graduation sets you up for a successful career to grow as a health promotion professional. Your first job may not be your dream job, but with persistence and hard work, your dream job will be waiting for you down the road!

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**Undergraduate Student Spotlight: Muhammed Nabil Pervaiz**

Muhammed Nabil Pervaiz is originally from a suburb of Cleveland, Ohio. He went to Cuyahoga Community College for three years before continuing his undergraduate career at UC. At Tri-C, he was the president of Campus Activities Board (CAB) and participated in multiple leadership programs. As a student at UC, he feels he is being academically challenged every day in the HPE program and loves his major because it’s expanding his knowledge of health. Nabil feels he has had many great opportunities with the HPE program, including going to several conferences to expand his network and knowledge of health education. Along with being a member of Eta Sigma Gamma, he is also actively involved in his fraternity, Phi Delta Theta. One day he hopes to work within a community setting and help people achieve a better quality of life.

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**Graduate Student Spotlight: Rose Yunusa**

Rose Yunusa comes to UC’s Health Education PhD program from Jalingo, Nigeria. Her concentration area and passion is in Community Health. Her long time career goal is to work with communities in poverty. Volunteering in different pantries and food programs, as well as implementing a community based program in her village, have opened her up to new ideas about working with people in poverty. She is currently in her third and final year of the PhD program. She believes her experience as a graduate assistant have endeared her heart to teaching. Since her time here at UC, she has learned that as a teacher she can shape our society by positively influencing students both academically as well as improving students’ psychosocial factors. Upon graduation, she would love to continue teaching at a university and work with underserved populations and minorities.