KEEPING UC HEALTH PROMOTION AND EDUCATION STUDENTS UP TO DATE.

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

ESG’s Great American Smokeout
Thursday, Nov. 20th, 11am-2pm
Location: All Around Campus
Stop by one of the many tables sponsored by Eta Sigma Gamma to learn about smoking cessation and advocacy against tobacco use. To volunteer, email Michael Gaisie, gaisiemk@uc.edu

Stress, Anxiety, and Mental Health
Thursday, Nov. 20th, 11am-1pm
Location: TUC 425
At this session you will learn about the many services offered by Counseling & Psychological Services (CAPS) and campus organizations to help students, staff, and faculty manage their stress and mental health.

ESG @ Festival of Lights
Monday, Dec. 1st, 7pm
Location: Cincinnati Zoo
ESG will be holding their end of the semester social event at the Cincinnati Zoo’s Festival of Lights! All HPE students are encouraged to come. Dress warm! Contact Caitlin Richman for details: richmacl@mail.uc.edu.

Free HIV Testing
Tuesday, Dec. 2nd, 11am-2:30pm
Location: TUC 417
The UC Student Wellness Center will be holding free HIV Testing for Students, Staff, and Faculty sponsored by Planned Parenthood. Know your status, and support the trend of testing and prevention.

Student Wellness Center is Hiring Peer Educators for the Spring Semester!
The Student Wellness Center is looking for dedicated and passionate undergraduate students to join their Peer Education group. Apply at www.jobsatuc.com
Position number: 2145588

Alumni Spotlight: Myrita Craig
Myrita E. Craig brings passion and experience to her role as the Executive Director of Gabriel’s Place. She previously served as the Communications Director for the Freestore Foodbank and in an Audience Development management role in arts administration. After her time at the food bank, she completed her Masters of Science in Health Promotion & Education from the University of Cincinnati and worked as an adjunct professor of Health Education. She also spent time getting her hands dirty as a farmhand at Finn Meadows Farm, learning organic vegetable growing practices, animal care, and farm maintenance. Myrita is incredibly dedicated to food, health, and the unique intersection between the two. In her spare time, she is a yoga teacher, an avid volunteer, and an amateur chef.
Finding the Internship that’s Right for You!

Finding the right internship for you is the best way to land your dream job.

It’s that time of year again to begin thinking about where you want to 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. With the right preparation and internship you will have your dream-job lined-up before you walk across the graduation stage!

How do you find the internship that is right for you and matches both your skills and personality? Take some of this advice from Dr. Amy Bernard who will be your go-to resource for all your interning needs! Here are just a few tricks and tips from Dr. Bernard about landing a great internship.

Start Early: Internship sites are impressed with students who take the initiative to look for an internship site early. Also, students need to realize that there are other colleges/universities in the area that also have students looking for internships and co-ops, so getting in early makes sure you are on top of the competition. Ideally, you would start searching early in the semester prior to the internship. So if you are looking for a summer internship, start your search in January.

Undergraduate Student Spotlight: Michelle Glancey

Michelle Glancey came to UC from her hometown of Columbus, Ohio in the fall of 2012. As a junior in the Health Promotion and Education program, she is majoring in both Exercise Fitness and Community Health. She really enjoys helping other people and likes the holistic approach to health. She enjoys educating on all different health topics rather than just limiting herself to one. She started working this fall as a certified peer educator at the Student Wellness Center here on campus. She loves presenting various health and wellness information to her peers. She is also a dedicated member to the Health Education Honorary, Eta Sigma Gamma, in which she hopes to hold an executive position next year. She has completed many service hours in the HPE field. She volunteered at an after school program to teach young children how to eat healthy and exercise. She loved working with the students and watching them develop their new health behaviors. With the right preparation and internship you will have your dream-job lined-up before you walk across the graduation stage!

Graduate Student Spotlight: Oladunni Oluwoye

Oladunni Oluwoye was born and raised in Sydney, Australia, and moved to Huntsville, Alabama with her parents about 10 years ago. She attended the University of Alabama at Birmingham, where she became a member of Sigma Gamma Rho Sorority, Incorporated and graduated with her B.S. in Psychology. Soon after she obtained her M.S. in Clinical Psychology from Alabama A&M University in 2013. Her thesis titled "Psychological Factors and Substance Use and Abuse among University Students" lead her into pursing a doctoral degree in Health Education. Dunni is a first year Ph.D student and commenced her studies in the Health Education program at the University of Cincinnati in the Spring of 2014. During her short time at UC she has begun working with Dr. Montgomery on a study involving blunt use among African Americans. She also has the pleasure of working with and learning from Dr. Nabors; the two are currently focusing on parental substance use in the household and the effects it has on adolescents. Since the Spring she has become a member of both SOPHE and APHA, for which she is a Campus Liaison. Her primary research interests include substance use and abuse prevention, risky behaviors, minority health, and health disparities. Dunni's ultimate goal is to combine her psychological background and health promotion/education to conduct research focusing on issues surrounding substance use and abuse especially in developing countries. Upon completion of her Ph.D, Dunni would love to continue a career in academia by obtaining a faculty position, where she can conduct research and teach.