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

**Eta Sigma Gamma: Social Meeting**
Monday, Nov. 18th, 7-8pm
425 Teachers College
**ESG’s last meeting of the semester will be a social affair with food and music to celebrate the group’s accomplishments this semester. All HPE students are welcome to attend this meeting!**

**Health Hut: Nutrition**
Wednesday, Nov. 20th, 11am-1:30pm
Bearcat Pavilion
**Eta Sigma Gamma is partnering with the Student Wellness Center to host this health hut event that focuses on nutrition and making healthy food choices. To volunteer for the health hut, contact Jaclyn Carpenter at carpenj6@mail.uc.edu.**

**Festival of Lights with ESG**
Wednesday, Dec. 4th, 6-9pm
Cincinnati Zoo
**All HPE students and faculty are invited to join Eta Sigma Gamma at the zoo’s Festival of Lights! Discount tickets can be purchased at uc.edu/zoo; the discount tickets must be purchased by Nov. 15th.**

**Ohio SOPHE Quarterly Meeting**
Friday, December 13th, 10am-2pm
Columbus, Ohio
**Students are invited to attend the Ohio Society of Public Health Education (SOPHE) meeting in December. This is a great opportunity to network with other health education professionals throughout the state. Contact Dr. Bernard or Amanda Lynch for carpooling info.**

Reminder for Spring Internships
If you’re completing your internship in the spring semester, be sure to email Dr. Bernard with your site and site supervisor information. If you still need to find a site, please email Dr. Bernard at amy.bernard@uc.edu

Alumni Spotlight: Janine Faber

Janine earned her Bachelor of Science Degree in Dietetics from Miami University in Oxford, Ohio. From 2001 to 2002, she attended Virginia Tech’s Dietetic Internship in Falls Church, Virginia, and became a registered dietitian in September 2002. Her first job was as a clinical dietitian in a hospital in Springfield and Cincinnati. Wanting to move into corporate dietetics, Janine accepted a job with The Kroger Company, answering customer nutrition questions via phone, email and letters. Currently, Janine is a corporate dietitian and Healthy Living Advisor for Meijer stores for Columbus, Dayton, Cincinnati, Louisville and Lexington and has been in this position for 8 ½ years. She organizes and participates in community and in-store events, writes for the Meijer Healthy Living booklets and website, presents health information to a variety of audiences and provides customers with healthy nutrition solutions via television and radio appearances and social media. Janine has even cooked with Reds’ Great Eric Davis and Bengals’ Great Ken Anderson! While working full-time at Meijer, she completed her Masters of Education in Health Promotion (focusing on Community Health) at the University of Cincinnati from 2006 to 2008. She feels this degree compliments her dietetics degree and is perfect for her focus within supermarket dietetics.
Throughout the fall semester UC HPE students have been volunteering their time to develop and implement health education workshops with the Delhi Middle School Healthy Lifestyles Club.

The Healthy Lifestyles Club was started by Delhi Middle School teacher and UC alum, Bud Strudthoff. He noticed that students were choosing unhealthy options at lunch, and he wanted to create a fun, educational program to encourage healthy choices. Strudthoff reached out to the HPE program to create a partnership for this effort.

Bringing UC students in to deliver the workshops was incorporated as a way to provide positive role models and expose the middle school students to the idea of going to college. This also gave an opportunity for the HPE students to apply what they have learned in the classroom to true health education program development and implementation. The UC students committed to volunteering at each session throughout the semester, as well as developing a workshop.

The hands-on learning experience has given great insight to working with this age group and working with community partners. Decanna Garner, an HPE undergraduate, stated that she now feels empowered to do more in the community. Masters student Taylor Francy said, “This was such a great experience because as the leaders, we were able to develop lesson plans on different topics relating to living a healthy lifestyle.” Undergraduate Ana Montalvan also expressed her positive experience when she said, “It is wonderful to see how the children's curiosity plays a big role in their desire for learning, as well as their excitement when they can understand the material.”

Information about volunteering with the program at Delhi in future semesters will be coming soon!

Undergraduate Student Spotlight: Erika Henry

Erika Henry is currently a junior in Health Promotion and Education, with an emphasis on Public and Community Health, and working towards minor in nutrition. Her primary areas of interest are sexual health and nutrition. Outside of class, Erika is a Peer Educator at the UC Student Wellness Center and recently became a Peer Financial Coach with the Student Wellness Center’s Cats2Cats program. She also serves as the treasurer for Eta Sigma Gamma, the Health Promotion and Education honorary student organization. Through ESG, Erika has played an active role in the development of this semester’s diabetes awareness campaign. She has enhanced her educational experience by attending multiple professional conferences, including American School Health Association, OSOPHE’s Health Educator Institute, and the BACCHUS Network General Assembly. Erika doesn’t know what the future holds for her yet, but she is currently considering working internationally either with malnourishment prevention or sexual health promotion. In her free time, she enjoys dancing, reading, and traveling!

Graduate Student Spotlight: Kenneth Woodson

Kenneth received a Bachelor of Arts in International Studies from the University of California, Irvine and a Master of Public Health from National University, San Diego in 2012. Prior to coming to Cincinnati, he was a research intern for the UCSD Health Services Research Center working on projects focused on the implementation of mental health programs for underserved populations. Presently, Kenneth is a second year doctoral student in the Health Education program at UC and a graduate assistant in the School of Human Services. His main research and teaching focus is on mental health, risky behaviors in youth and adolescents, and leisure and physical activity interventions that promote health. His research investigates mental health issues and resilience in children and families. He has presented his studies at many national conferences including American Public Health Association, Gerontological Society of America, and Mental Health of America. Independent from his work and research at UC, Kenneth has volunteered at the Ronald McDonald House helping with specialized projects such as arts and crafts activities with children and their families to provide hope and support, further demonstrating his drive to expand his knowledge and experience with the community. Overall, Kenneth is seeking to build experience in improving community health and evaluation of outcomes to benefit populations most at risk for poor health and raise awareness and knowledge of important health issues. He plans to work in a public health setting, leading and conducting field investigations and research for potentially serious public health problems. In addition, Kenneth is pursuing more experience in teaching projects.

Did You Know: Any related experience is good experience!

In the field of Health Promotion and Education, it can be difficult for students to find paid work experience related to health. Students often face the challenge of needing experience to get a job after they graduate, but feel they don’t have the right experience on their resume because it wasn’t paid. Employers understand this! They will be looking to see what volunteer, service-learning, and internship experiences you have had related to the field. Unpaid experiences are incredibly valuable! Highlighting these on your resume will make you stand out among the other recent college grads!