Women’s Studies Health Education Internship—WST 488

WST 488 - Women’s Health Internship with the Health Education Office is an upper-division, experiential learning (one-six credits; one-two semester engagement as approved by Internship Program Coordinator and WST Faculty Director) S/U graded, experiential learning internship, supported by staff and professionals with supervised by Health Education Specialist, supported by professional staff with Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

Learning Objectives
The goal of Health Education internship engagement/participation, and the focus of academics and outreach, is to heighten awareness of a women’s health issue/need/concern/topic (ACHA – American College Health Assn. – research-supported issues including peer mental health, cancer risk, addiction/s, stress, mental illness, tobacco use, safer sex) as it impacts peers.

- Skill /Knowledge Acquisition:
  - Assess/Increase level of knowledge related to women’s health issues
  - Assess/Increase level of knowledge as directly related to the women of college-age population and the college experience
  - Gain/Increase experience and knowledge in the field of health education and health promotion
  - Gain/Increase experience in program development, event planning & educational material design.

- Problem Solving/Communication:
  - Develop an effective outreach tool to heighten awareness of a specific women’s health issue
  - Apply outreach and utilize in a public forum (workshop, print material, event collaboration, group project).

- Support and/or expand CAPS/SHS health education/outreach efforts as related to WST research.
  - Identify a specific women’s health concern, research, relate to college experience, impacting lifelong health
  - Submit research overview to WST faculty supporting internship.

Requirements
- Complete application and initial interview
- Comply with WST 488 engagement as advised by supervising WST faculty
- Complete Health Education Internship form (first meeting)
- Obtaining approval of WST Faculty Director
- Review, and agree to comply with, WST Intern & Peer Educator Code of Conduct (first meeting)
- Junior or Senior Status, GPA of 2.5 or higher
- Commitment to 45 hours, per credit (one credit = 45 hours; three hours = 135 hours), per semester, participating in training, research, outreach and/or campus event engagement, supervised/supported by HEO.
- Participation in training and/or CPO/CAPS/SHS (CPO – Center for Prevention and Outreach; CAPS – Counseling and Psychological Services; SHS – Student Health Service) affiliated training, outreach efforts and/or programs related to women’s health (Red Watch Band, VIBS, RESPONSE of Suffolk County, LIAAC – Long Island Association for AIDS Care, TAC – Tobacco Coalition of Long Island, Suffolk County Department of Health, Suffolk County Department of Health – Health Education Office/Services) and workshops (that include campus resource review, health education theory, review of college health issues, program development, learning objectives, public speaking) offered by/approved by internship supervisor.
- Demonstrate knowledge of campus support services/resources (including CAPS, SHS, CPO, CPO website, and campus services) offering health support to women.\(^1\)
- Demonstrate ability to identify campus resources supporting student health
- Maintain individual **WST Internship Reflection Journal**.
  - Journal will be reviewed during meetings with Instructor. Journal (upon request) will be submitted to Faculty Director. Journal entries to include records of time utilized for campus outreach.
- Support campus professionals and outreach as related to women’s health and/or as related to women’s health in the college environment.
- Reaction Paper
  - At the conclusion of the internship (minimum of three pages, double spaced, 12 pt.) submit a Reaction Paper which includes all aspects of the internship; event evaluations, education tool, research review.
- Complete Program Participation overview and submit with Reflection Paper.
- Complete and/or submit all coursework prior to the final day of the semester (first Reading Day – or – day prior to first scheduled final exam date).

**Contact Information:**

**Site Supervisor:**
Kathleen Valerio, MS, MCHES
Health Educator, Internship Program Coordinator, QPR Instructor

**HEALTH EDUCATION OFFICE @ SHS/CAPS**
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631-632-6689 (Direct: 29338) - Student Health Advisory Committee (SHAC), [www.studentaffairs.stonybrook.edu/shs/shac](http://www.studentaffairs.stonybrook.edu/shs/shac)
Kathleen.Valerio@stonybrook.edu

**Health Education Office**
LaShawne Jones (631-632-6689), Administrative Support
Rm 211A, SHS/CAPS Building

**Women’s and Gender Studies (WST)**
**Major and Minor in Women’s and Gender Studies**
**Department of Cultural Analysis and Theory, College of Arts and Sciences**
Information related to the WST Major/Minor found @ [http://sb.cc.stonybrook.edu/bulletin/current/academicprograms/wst/degreesandrequirements.php](http://sb.cc.stonybrook.edu/bulletin/current/academicprograms/wst/degreesandrequirements.php)

Chair: Mary Jo Bona
**Undergraduate Program Director for CAT: Gregory Ruf**
**Undergraduate Secretary: Alinda Askew**
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Web address: [http://www.stonybrook.edu/commcms/cat/](http://www.stonybrook.edu/commcms/cat/)

Majors and other minors of particular interest to students majoring or minoring in Women's and Gender Studies: English (EGL), Health and Wellness (LHW), Gender and Sexual Development (LHD), History (HIS), Philosophy (PHI), Psychology (PSY), Sociology (SOC)

\(^1\) K. Valerio – Instructor, Site Supervisor, WST 488, Women’s Health Internship, FALL 2015