

STEVENSON UNIVERSITY

MUSTANG CHOICES FOR MAXIMUM PERFORMANCE



What is Mustang Choices for Maximum Performance?

This is an exciting new program for the Stevenson University campus about making choices for maximum performance in school, on the field, in the gym, at play, at work and in life.

Taking it to the next level?

Taking it to the next level is a “peer education program”. These peer educators will create exciting programs, attend conferences and bring in new ideals and energy to the Stevenson University community. Peer strategies are effective tools in changing high-risk behaviors and promoting healthy lifestyles.

Why do I want to be a peer educator?

- Peer educators are empowered as leaders to listen to their peers, mentor, educate, and influence changes for a safe and healthy lifestyle on the campus environment and in their personal lives.
- Student peer educators will become advocates for changes in policies by serving on committees.
- Student peer educators create and organize programs for Wellness Wednesday events on campus.
- Peer educators will acquire significant knowledge in health education and skills in leadership qualities.
- Peer educators will be certified through the BACCHUS* training program. They will have access to the resources and training available through the BACCHUS* network.
- Bacchus Network is an international organization was founded in 1975 at the University of Florida, and today exists in all 50 states. The Bacchus Network is a nonprofit organization whose main purpose is to promote comprehensive health and safety education for students on university campuses and in communities. For more information – www.bacchusnetwork.org

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PEER EDUCATOR APPLICATION

Name: _____ Major: _____ GPA: _____

School Email: _____ Personal Email: _____ Home Phone _____

Cell Phone: _____ Anticipated Date of Graduation: _____

1. Describe the role of a Peer Educator, as you perceive it:

2. In your opinion, what are some health/prevention issues that students deal with in college and how would you help them:

Peer educators must participate in a two day program that includes Certified Peer Educator (CPE) training from the Bacchus Network and American Heart Association, HS/AED CPR training in August. Peer educators will participate in 2 wellness events per year.

Commitment: I pledge that as a peer educator, I will exhibit responsible decision making in being a good influence and an example to other students on campus. I will utilize all available resources/information to help other students make healthy lifestyle choices.

Signature: _____ Date: _____

PLEASE ATTACH A SHORT ESSAY (MINIMUM OF 2 PARAGRAPHS) LISTING RELEVANT LIFE EXPERIENCES (INCLUDING INTERNSHIPS, VOLUNTEER EXPERIENCES, JOBS ETC.) AND ONE RECOMMENDATION FROM UNIVERSITY FACULTY OR STAFF

SUBMIT TO THE WELLNESS CENTER BY MARCH 22, 2010. Any questions: 443-352-4200