



Health Promotion and Wellness Intern Spring 2024

Penn State's Health Promotion and Wellness (HPW) is seeking a student intern to assist with a range of health promotion initiatives during Spring 2024. HPW provides health promotion services, programs, and health communication materials for a diverse group of students. The office is committed to supporting a safe and inclusive environment that fosters academic, social, cultural, and personal well-being. This internship will help an undergraduate gain experience in health promotion, marketing and/or public relations. The intern reports to a Community Health Educator.

Responsibilities include, but are not limited to:

- Support the overall mission of Health Promotion and Wellness through the following activities.
 - Assist with the daily operations of the Wellness Suite and 102 HUB, including staffing the welcome desk and assisting students who arrive for appointments.
 - Assist with the promotion of wellness initiatives, health promotion campaigns, and wellness services.
 - Assist with the check-in process for wellness events.
- Assist with coordinating, staffing, and tracking wellness programs and events including:
 - Flourish Fair
 - Shinrin-yoku, Forest Bathing
 - Well-being Wednesdays
 - Yoga and meditation
- Assist with the Wellness Living Learning Community (LLC) in collaboration with Residence Life.
 - Participate in efforts to assess the needs of first-year students living in the Wellness LLC.
 - Assist in the implementation of wellness-related activities for the residents.
 - Develop and promote materials for a variety of wellness events.
 - Attend wellness-related events as needed.
- Complete other duties as assigned.

Typical education, experience, and competency requirements:

- Undergraduate student from any major.
- A commitment to working with diverse populations is essential.
- Experience with Microsoft Office 365 (Word, Excel, Outlook).
- Experience with technology is essential.
- Strong written and verbal communication, organizational, interpersonal, and presentation skills.
- Experience with creative cloud, Adobe, or Canva, as well as video editing is highly encouraged.

The intern will work collaboratively and individually to accomplish assignments and will gain valuable knowledge about evidence-based strategies in college health promotion. The start date is January 8, 2024. The approximate end date is April 26, 2024. The intern may work between 15 to 40 hours per week. The successful candidate will need to receive internship credit through their academic department. If interested, send a resume and cover letter to Erika Tuller at ekt5249@psu.edu by November 24, 2023.