

2019 HAWE Application

Congratulations on making the important first step of becoming a HAWE. We welcome you as an applicant to the program.

The HAWE's are a group of student leaders who are dynamic, energetic, passionate and committed to reaching out and helping others make good decisions. We are looking for candidates who:

- Have good self-esteem
- Possess excellent time management and organizational skills
- Are models of healthy behaviors
 - Refrain from the use of all nicotine products
 - Do not use illegal drugs
- Have the ability to handle stress and are resilient when difficulties arise
- Are comfortable speaking in front of a group and visible in all public media
- Are natural helpers
- Adhere to RWU rules and regulations
- Are able to work in a team as well as alone

Mission

"We as Health and Wellness Educators are students interested in promoting healthy lifestyles. We work together to educate the RWU community about alcohol & other drugs, safe sex, nutrition and general wellness."

We believe...

- That health is an individual choice
- That people can choose to make lifestyle changes
- That motivation for change comes from within an individual

Our Motto is:

"Helping Others Help Themselves"

While many are attracted to the topics the HAWE's deal with because of past/present experiences this is not a therapy group. While many benefits are gained by being a HAWE (self-development) the focus of the program is to provide education and help other students realize their optimal health.

Application Process:

1. Upon completion, make an appointment via phone call to 401-254-3413 or email ddarmody@rwu.edu to submit your application. You can also submit your application in person to the Director of Health Education in the Center for Student Development; office 108 (if nobody is there it can be placed in the mailbox outside the office and they will contact you).
2. The formal interview process will have **2 rounds**; the first will be a group interview with the HAWEs, and if selected to move forward, the second interview will be you choosing a topic you are passionate about and creating a formal presentation that reflects your facilitation/presentation skills.

Your Application Must Include:

1. One letter of recommendation from a faculty member, administrator, staff member, previous employer, or an RWU student leader (e.g. Resident Assistant/peer mentor)
2. An updated version of your resume
3. A recent photo of yourself
4. Your responses to the questions below on a separate piece of paper

Compensation & Benefits:

- \$1,100 stipend/bursar bill credit at the end of each semester
- Tremendous leadership and teamwork experience and the opportunity to creatively change your community
- Clinical experience
- Inter/intrapersonal skill development

IMPORTANT DEADLINES:

- | | |
|-------------------------------|--------------------------------|
| • Applications available: | Wednesday, January 23rd, 2019 |
| • Submission Deadline: | Friday, March 1st, 2019 |
| • First round of interviews: | Wednesday, March 6th, 2019 |
| • Second round of interviews: | Wednesday, March 20th, 2019 |
| • Acceptance Notification: | Friday, March 22nd, 2019 |

Application

(please attach a recent photo)

Personal Information:

Name and Preferred Pronouns: _____

Major: _____

Year: _____

GPA: _____

RWU ID #: _____

Cell Phone: _____

Email: _____

Home Address: _____

RWU Box #: _____

RWU Housing: _____

Questions: (answer the following questions on a separate piece of paper)

- 1) What do you know about the HAWE program?
 - a) What programs are you aware of or attended?
- 2) Why are you applying to be a HAWE?
 - a) What knowledge/skills will you bring to the group?
- 3) What healthy behaviors do you feel you possess that are models for others in the areas of nutrition, exercise, alcohol and other drug use, and mental health?
- 4) Please describe past experiences that have qualify you for this position.
- 5) Please rank the following health topic areas from **1 to 5**, in order of most interest, and provide an explanation for your top two choices.

- ___ Alcohol and Other Drugs(AOD)
- ___ Sex Education
- ___ Mental Health
- ___ General Health
- ___ Title IX

You **MUST** meet all of the following requirements and agree to the listed expectations in order to be a candidate. Please note your compliance and agreement by **CHECKING** each box below.

Requirements:

- ☐ Must be a full time student going into their sophomore or junior year
- ☐ Must maintain a GPA of 2.5
- ☐ Must be available for weekly HAWE meetings every Wednesday from **2:00pm to 4:00pm** (no exceptions)

Duties:

- ☐ Personal modeling of wellness
- ☐ Create and deliver health promotion programs, including activities and workshops, to the campus community
- ☐ Become competent in communication skills and Motivational Interviewing (MI) techniques
- ☐ Provide one on one individual health coaching sessions
- ☐ Provide resources and referrals on health issues to RWU students
- ☐ Active on social media and create newspaper ads, fliers, posters, brochures etc.
- ☐ Work with local high schools and community organizations upon request

Expectations:

- ☐ Attend Spring HAWE Welcoming
- ☐ Attend an intensive fall training program the week before classes begin
- ☐ Participate in and have an integral part in freshmen orientation programs the weekend before fall semester
- ☐ Attend a 3 day winter training prior to the first day of classes
- ☐ Must uphold and support University policies to serve as a positive community role model
- ☐ Will **NOT** do a semester abroad in your first year of the program
- ☐ Attend training specific to: suicide, social justice, LGBTQ issues, Green Dot Bystander Intervention, and anything deemed relevant

If you have any questions please contact Donna Darmody in the Center for Student Development Room 210 401-254-3413 or contact a HAWE in Room 211 401-254-3491.