**2020 HAWE Application**

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

The HAWEs 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, mental health 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 HAWEs 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. 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 per 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 29th, 2020

**Submission Deadline:**  **Friday, February 28th, 2020**

First Round of Interviews: Wednesday, March 4th, 2020

Second Round of Interviews: Wednesday, March 18th, 2020

Acceptance Notification: Friday, March 21st, 2020

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_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?
   1. What programs are you aware of or attended?
2. Why are you applying to be a HAWE?
   1. 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 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

\_\_ Healthy Relationships and Consent

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 freshman 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.