

## 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.<sup>1</sup>
- 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**

1 Stadium Road, Rm. 213B - Stony Brook, NY 11794-3191  
 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](mailto: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>

Chair: Mary Jo Bona

**Undergraduate Program Director for CAT: Gregory Ruf**

**Undergraduate Secretary: Alinda Askew**

Assistant to the Chair: Mary Moran-Luba

Office: Humanities 2048

Phone: (631) 632-7460

Web address: <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)

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<sup>1</sup> K. Valerio – Instructor, Site Supervisor, WST 488, Women's Health Internship, FALL 2015