

S4PH Meeting 3

02/24

Sign in Link will be shared at the end!



Point System

- **10 points** per semester to be active (each meeting is worth 1 point, If you can't make meetings that is okay! Just make sure to attend our events, fundraising, and etc! (Up to 5 points for meetings)
- **MUST** pay the membership fees by the deadline. Failure to do so will not have you recognized as an active member for this semester~ but your volunteerism is greatly appreciated.
- At least **TWO** fundraising events is required per semester.
- All point opportunities **MUST** be submitted on our website. Only accepting submissions 48 hours after the event.
- **MUST** be reached in each semester with Students 4 Public Health with ONE semester in the fall semester of your graduating year in order to receive your cord for graduation. (sorry, no exceptions!)
- Visit our website, students4publichealth.weebly.com/ to view overall points.
 - Go to “points” from the dropdown menu then click “Spring 2020 Points Spreadsheet”

MEMBERSHIP DUES

DEADLINE: TODAY 2/24 11:59 PM

How Much?

\$15 for new members

\$10 for active members

Payment Method!

Venmo Alyssa:
@S4PHTreasurer

Guest Speaker



Natalia Peddycoart

College of Health & Human Services
Career Development and Program Coordinator



Fundraising Reminders

- At least **TWO** fundraisers are required to be considered an active member.
- Mention Students 4 public health at **every** fundraiser
- Save your receipt in order to get a point and **SUBMIT IT TO THE POINT OPPORTUNITY LINK.**
- Point opportunity towards every fundraiser you attend :)
- More fundraisers to come!



Icebox Fundraiser

- Make sure to mention Students 4 Public Health / Show flyer
- Submit receipt or photo to the Point Opportunity Form
 - Form can be found on website or Link Tree link in IG bio
- Fundraising point! (2 needed)



FUNDRAISER

Location: 4649 College Ave, San Diego, CA 92115

When: 02/25/21

Open: 11 am - 8 pm

ALL DAY EVENT!

In need of a study break before midterms? Come support Students for Public Health by purchasing boba and food at IceBox.

Please make sure to either show this flyer or mention Students for Public Health. Up to 20% of the sales will be donated back to S4PH.

Great opportunities!

SUMMER 2021 PAID INTERNSHIP IN CANCER RESEARCH

Part of the SDSU/UCSD Cancer Partnership. Sponsored by the National Institutes of Health/National Cancer Institute (5U54CA132879 & 5U4CA132884).



WOULD YOU LIKE TO SPEND THIS SUMMER GETTING PAID TO DO CANCER RESEARCH AND HELP SOLVE HEALTH DISPARITIES?

The Partnership Scholars Program is designed to train scholars in cancer biology and cancer prevention and treatment and inspire students to apply their skills toward solving cancer health disparities.

Program information:

- This is a paid 9-week intensive (full-time) summer internship with a faculty mentor from SDSU or UCSD from June 14 to August 17.
- If funded, you may be eligible to continue the internship (part-time) for the 2021/22 academic year.
- Research projects include physical and/or virtual experiences in biomedical (laboratory), clinical, behavioral, or public health topics.

Summer Stipend: \$4,000

Eligibility: sophomore, junior, and senior (non-graduating) undergraduate students at SDSU or UCSD who are underrepresented in the biomedical, behavioral, clinical, and public health sciences.

Application Deadline: March 5, 2021, at 11:59 PM PST

Application website: <http://sci.sdsu.edu/cccp/apply>



PROGRAM INFORMATION SESSIONS:

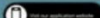
Zoom ID: 884 7408 8742
Wednesdays
6:00-7:00 PM
1/20, 1/27, 2/3, 2/10, 2/17

CAN'T MAKE IT?

Check out our YouTube Channel
[@partnershipscholarsprogram](#)

OR

Visit our Instagram Account
[@partnershipscholars](#)



DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY



WHY SHOULD YOU BE AN SDSU PEER HEALTH EDUCATOR?

Leadership experience
Upper Division Credits
Professional work experience
Public speaking skills & practice
All Majors Welcome!

APPLY FOR THE FALL 2021 COHORT NOW!

HEALTHPROMOTION.SDSU.EDU

SA+CD



Point Opportunity

- Learn about nutrition, sexual health, and wellness resources led by Peer Health Educators!
- Visit: [Tinyurl.com/WHPCalendar](https://tinyurl.com/WHPCalendar)
- 1 point!



PEER HEALTH EDUCATION SESSION
[TINYURL.COM/WHPCALENDAR](https://tinyurl.com/WHPCalendar)

More Nutrition Bang for your Buck!

WITH SHERRY & MORGAN!



SAN DIEGO STATE
UNIVERSITY

Well-being & Health Promotion
Division of Student Affairs and Campus Diversity

SA+CD



Point Opportunity

- Come hop onto Zoom to discuss any advising questions you may have!
- WHEN: Tuesdays at 10am-11am
- 1 point!

A promotional poster for a virtual coffee hour. The background is dark with a blurred image of a coffee cup and coffee beans. The text is white and centered. At the top, it says 'HAVE ADVISING QUESTIONS? JOIN US FOR OUR'. Below that, in large, bold, sans-serif font, is 'VIRTUAL COFFEE HOUR'. At the bottom, it says 'TUESDAYS FROM 10:00 AM - 11:00 AM' and 'ZOOM: [HTTPS://SDSU.ZOOM.US/J/538157007](https://sdsu.zoom.us/j/538157007)'. There are decorative orange watercolor brushstrokes and black line-art leaf branches in the corners of the overall slide.

HAVE ADVISING QUESTIONS?
JOIN US FOR OUR

VIRTUAL COFFEE HOUR

TUESDAYS
FROM 10:00 AM - 11:00 AM

ZOOM: [HTTPS://SDSU.ZOOM.US/J/538157007](https://sdsu.zoom.us/j/538157007)

Point Opportunity

- Join Student Health Advisory Committee (SHAC)!
- Opportunity to have your voice heard & provide advice on student health matters on campus
- Gain valuable PH experience working with administrators & leaders at Calpulli
- 4 meetings required to be an active member (open to any major/year)
- Attend the next meeting 3/2 @3:30 to gain **1 point!**
- **2 points maximum**
Email: amireles@sdsu for questions!



The Student Health Advisory Committee provides on-going advice to the Office of the Vice President for Student Affairs and to the Directors of Student Health Services, Counseling and Psychological Services, and Well-being & Health Promotion.

MEETINGS

Dates:	Time:
2/2	3:30 pm to 4:30 pm
2/16	○————○
3/2	Location:
3/16	Zoom Meeting Room
4/13	bit.ly/SHACs2021
4/27	
5/4	

CONTACT CALPULLI.SHAC@SDSU.EDU FOR MORE INFORMATION

Point Opportunity

- Attend tomorrow from 1-2pm
- General questions about eating disorders and resources? Everyone is welcome to come join for viewing videos, open discussion, and facilitated questions
 - **1 point!**



NEDA
Feeding hope.
NATIONAL EATING
DISORDERS AWARENESS
WEEK:

**EVERYBODY
HAS A SEAT
AT THE TABLE**



WHEN:
THURSDAY, FEBRUARY
25 @ 1-2PM

FEATURED PANEL:
C&PS THERAPISTS
DR. SARA TAFEEN,
DR. EMILY
ROBERTS-PARKER,
AND TYLER ROLLING
MS, RD

ZOOM:
<http://bit.ly/NEDAwCPS>

Point Opportunity

- Attend “Coping w/ COVID...and Other Stress” events
- Two events for you to choose from!
- 1 point each!

Counseling & Psychological Services
SINGLE SERVING

Coping with COVID... and Other Stress



Stress Management

Tuesday, February 16
9-9:30am PT



We Have a Vaccine -- Now What?

Thursday, March 11
1-1:30pm PT



Difficult But Necessary Conversations

Friday, April 23
11:30am-12pm PT

Use your SDSUid to log-in and
CLICK HERE TO JOIN US!

Zoom Meeting ID: 837 5973 6713



sdsucounseling



sdsu.edu/cps

Point Opportunity

- Attend a financial education session to learn about budgeting, building credit, loans, etc.
- Visit: [Bit.ly/SDSUFinancialEd](https://bit.ly/SDSUFinancialEd)
- 1 point!

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

ATTEND A FINANCIAL EDUCATION SESSION!

LEARN HOW TO
SAVE MONEY FOR
WHAT YOU WANT
AND NEED.

A gift card will be given after the session while supplies last!

TOPICS COVERED:

- Budgeting and saving money
- Building credit
- Buying a first car
- Renting an apartment
- Basic Banking skills
- Student loans (coming soon!)

Sign up for an online zoom session by going to bit.ly/SDSUFinancialEd or scan the code



Sessions are for educational purposes only. Peers are not allowed to provide financial advice.

WELL-BEING&
HEALTHPromotion



SAN DIEGO STATE
UNIVERSITY

SA+CD

Point Opportunity

- Attend **Financial Bingo**
- March 3rd from 5-6pm
- Will receive a \$5 gift card for attending
- Sign up at: [Bit.ly/SDSUFinancialEd](https://bit.ly/SDSUFinancialEd)
- **1 point!**

Financial Bingo



Wednesday, March 3rd
5 pm to 6 pm

Sign up: bit.ly/SDSUFinancialEd

(Gift card for attending, win more prizes!)

Tv	Groceries	Rent	Pet costs	Bills
Going out	Internet	Subscriptions	Globe trotter	Crafts
Credit	take-out		car	Savings
Utilities	healthcare	beauty products	loan payments	car maintenance
Gifts	haircuts	Textbooks		Clothes



Point Opportunity

- February 25th (this Thursday!) at 3-4pm
- Learn how to make Energy Bites
- Participate to win a \$50 TJ's card!
- 1 point



Point Opportunity

- March 3rd 6-7 PM
- LINK:
https://docs.google.com/forms/d/1kNkELAtffJvBJNAgWEmc5r6aG_WJDHnSUXUh1RMgTP0/edit?usp=sharing



Graduation Stoles

- For those who qualify for graduation stoles, please fill out this link!
- [SIGN THIS LINK.](#)
- Remember: Must have been active last semester to qualify!



Point Opportunities

Public Health Initiative for their *Post-graduate Panel Series: A Journey to Holistic Well-Being* throughout the month of **March!**

RSVP HERE: <https://www.sdsupostgradpanel.com/rsvp-to-an-event>

Graduate School Panel

**March 1
7:00 PM**

RSVP to meet some former and current MSW, MPH, and nursing students who can answer graduate school and career questions!

Fulfilling Destiny & Sandstone Initiative

**March 9
4:00 PM**

Eya Massan Touglo from Fulfilling Destiny and Chase Whittaker from SandStone Initiative will share their career and non-profit journey!

Akazi Project

**March 15
12:00 PM**

Dr. Susan Biali Haas

**March 22
4:00 PM**

Dr. Susan Biali Haas is an award-winning medical doctor, internationally recognized for her expertise in mental health, stress management, burnout prevention and resilience.



POST-GRADUATE PANEL SERIES: A JOURNEY TO HOLISTIC WELL-BEING

March 2021

ZOOM ID: 868 5800 4314

Join PHI for this virtual panel series about the variety of opportunities and different roads of success that can be taken while transitioning from college to career.

Featuring guest speakers Chase Whittaker, Eya Touglo, and Megan Malone, as well as a panel of graduate school students. The 4-week series will end with keynote speaker Dr. Susan Biali Haas.



Talia Kieu

MPH
March 1st, 4 PM PST



Ayomide Allen

Nursing
March 1st, 4 PM PST



Angel Flores

MSW
March 1st, 4 PM PST



Chase Whittaker

Sand/Stone Initiative
March 9th, 4 PM PST



Eya Touglo

Fulfilling Destiny
March 9th, 4 PM PST



Megan Malone

The Akazi Project
March 16th, 4 PM PST

Keynote Speaker:

Dr. Susan Biali Haas

March 22nd, 4 PM PST

Dr. Susan Biali Haas is an award-winning medical doctor, internationally recognized for her expertise in mental health, stress management, burnout prevention, and resilience. Her popular Psychology Today Blog has over 9 million views, and she has been featured in media such as The Today Show, Oprah.com, Forbes, and others.



Point Opportunity

- February 24-26
- Connect with employers through group sessions or one-on-one meetings with recruiters
- Great opportunity to connect with a diverse array of employers (e.g., corporations to nonprofits, for networking opportunities, career exploration, and internship, part-time, and full-time positions).
- REGISTER THROUGH HANDSHAKE
- **1 point!**

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

DIVERSITY CAREER CONFERENCE 2021

RISE AND DEFY: PAVING YOUR CAREER

Join us virtually to discover how identity and cultural influences lead to empowered career decision making.



SA+CD

February 24 - 26

Complimentary for SDSU Students
Registration opens January 2021
through Handshake

For more information email racuna@sdsu.edu

All Point Opportunities

Opportunity	Number of Points
General Body Meetings	5 max
SHAC	2 max
Virtual Coffee Hour	1
Icebox Fundraiser	1
More Nutrition Bang for your Buck!	1
NEDA with C&PS	1
Coping with Covid and other Stress	1
Financial Education Session or Bingo	1
Virtual Cooking Class	1
Sex Among Us	1
Diversity Career Conference	1
PHI Post Graduate Series	1 point per event (up to 4 points)



Study Groups

- Created to allow Students for Public Health members to help each other succeed in mutual classes!
- Missed a class? Need further explanation on a topic or assignment? Professor too difficult to reach? Turn to your peers for help!
- Links to join groups will be sent in our large GroupMe chat after this meeting

Classes:

- Biol 336
- Biol 212
- Biol 211
- PH 304
- PH 305
- PH 306
- PH 402
- PH 331
- PH 353

If you would like to request a study group for a class not listed above please message us and we will create one!

Thank you for coming!



**STUDENTS 4
PUBLIC HEALTH**

SAN DIEGO STATE
UNIVERSITY

Sign in link:

<https://forms.gle/LtopQiwgAuMhn7VAA>

**Make sure to check out
our Link Tree for easy
access to direct links!**

<https://linktr.ee/students4publichealth>

If you have any questions please feel free to message us
on Instagram or email us!

IG: @students4publichealth /

EMAIL: students4publichealth@gmail.com