

GBM 4

Last GBM of the semester



WELCOME BACK · EBOARD APPLICATIONS!





Point System

- **3 GBM Points**
 - Biweekly General Body Meetings on Wednesdays
- **3 Student Success Fee Points**
 - University sponsored events put on through S4PH
- **2 Fundraising Points**
 - All online or in-person fundraisers
 - Volunteering events are also counted as fundraising points
- **2 Social Points**
- **2 Educational Points**
 - Standard point opportunities offered throughout the semester

= Active Membership: 12 Points Total Required

Hot Chocolate Run



Members Spotlight!

February-April 2022



Melanie Samaniego

Major: Public Health

Year: 4th year

Career Track: Community Outreach



Kim Dahn

Major: Public Health

Year: 4th year

Career Track: Computer and Information Systems Manager or Director of Public Health Programs

**Attending SDSU's MBA program this Fall!



Geryka Fortunato

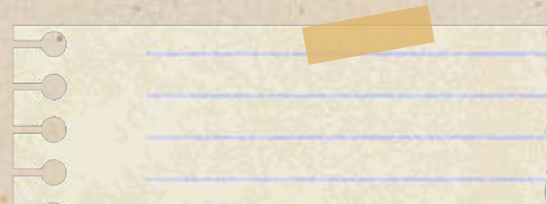
Major: Public Health

Year: 4th year

Career Track: Health Promotion or Nursing

Icebreaker

Would you rather...



Executive Board Applications

- Looking for a way to get involved on campus?
 - Passionate about public health?
 - Want to gain leadership and team-building skills?
 - Interested in program planning?
-
- **Join our executive board for 2022-2023!!**
 - Applications due by 4/13 at 12AM - bit.ly/S4PHapp
 - Reach out if you have any questions!!

STUDENTS 4 PUBLIC HEALTH

2022-2023 EXECUTIVE BOARD APPLICATION

- ✓ Passionate about public health?
- ✓ Want to gain leadership skills?
- ✓ Love working in a team?
- ✓ Interested in program planning?

If so... APPLY TO OUR TEAM!

Apply now to our now **OPEN** application: [Bit.ly/S4PHapp](https://bit.ly/S4PHapp)

San Diego State University
DEADLINE:
April 13th at 12 AM

Interviews: Dates TBD (Virtual on Zoom)

President

- Present at ALL meetings of organization
- Prepare agenda and facilities general board meetings and executive board meetings
- Official spokesperson for the organization
- Maintains contact with organization advisor
- Oversees all plans for the organizations and executive board responsibilities
- Continuously monitoring organization's progress
- Responsible for maintaining contact with all executive board members
- Attends CHHS council meetings

Vice-President

- Be the right hand to President and perform duties as such
- Reaches out to other organizations & connects club with the Graduate School
- Ensure club activities are priority and follows
- Oversees the specific roles of certain roles at a given time while the President oversees all roles at any given time
- Be available to assist or step in for President
- Act/participate in majority to all meetings
- Important strategic plans to collaborate with community & campus
- Attends CHHS council meetings

Secretary

- In charge of dispersing emails to general members in a timely manner
- Responding to emails from students, other orgs on campus, or non profit organizations
- Maintaining email list
- Maintain integrity of students' points for the whole semester
- Collect data by taking notes during exec and general board meetings
- Creating google forms for sign in
- Working hand in hand with the President to curate emails

Treasurer

- Handle all financial affairs and budgeting of the organization
- Maintain all necessary accounting records
- Collect and deposit all member dues and fees
- Maintain bank accounts in the organization's name (**Venmo, Associated Students**)
- Authorize all organization reimbursements (checks, etc)
- Oversee organization fundraisers and work hand in hand with co-fundraising chairs

Public Relations

- **Aim:** To build, manage, & maintain the membership of S4PH
- Content creation - Maintains social media pages with advertisements, reminders, and photo/video updates
- **Facebook:** /S4PHSDSU
- **Instagram:** /students4publichealth
- Updates and manages organization's website:
Students4publichealth.weebly.com
- Beacons
- Takes photos and videos during events and meetings
- Lead marketing for student success fee events

Fundraising Chair


- **Aim:** To make sure the club has enough funds for the year through fundraising events.
- Find events to raise money for the club
- Fill out important paperwork that go with the fundraising event
- Recruit participants for fundraising events
- Keep in contact with donors (in case of changes or updated information)
- Help other officers when needed
- Plan a variety of fundraising events on and off campus

Social Chair

- **Aim:** To build engagement among members
- Coordinates social events for the club
- Reaches out and coordinates with guest speakers for meetings
- Creates and maintains the culture of the club
- Organize activities during meetings for member bonding
- Help other officers when needed

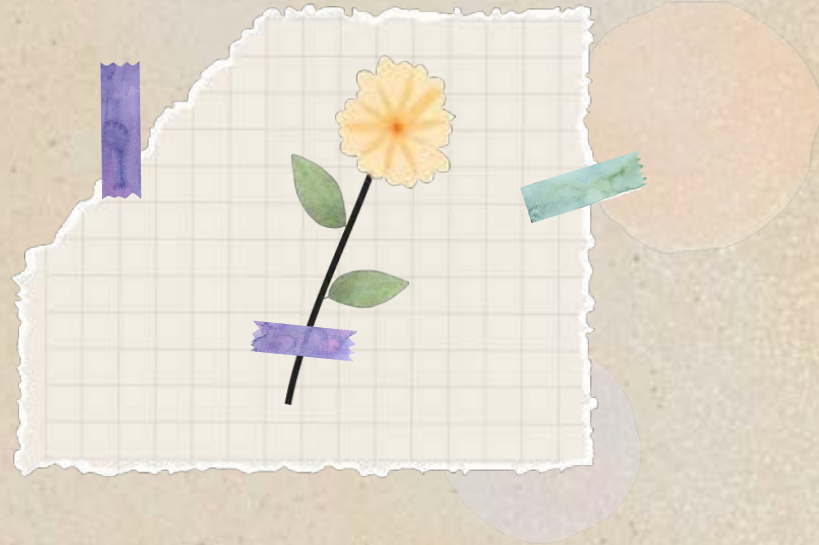


☆ *NEW-Community Service Chair*

- **Aim:** To help create opportunities for general members to give back to our community
 - Coordinate with community organizations and other stakeholders to establish volunteering opportunities
 - Creates and maintains a culture of service
 - Help other officers when needed
- 

Student Success Fee (SSF)

- **Career Building Events**
 - *Empowering Your Future Mini Fair*
 - Wednesday, April 13th at 10am-1pm
 - Scripps Cottage and Patio
- **Art 4 Healing Events**
 - *Mind over Mat(ter)*
 - Friday, April 15th at 4pm
 - Zoom
 - *Pillars and Portraits of Mental Health*
 - Wednesday, April 20th at 4-5pm
 - Templo Mayor



Empowering Your Future

Empowering Your Future Mini Fair

Wednesday, April 13th from 10am-1pm

Location: Scripps Cottage & Scripps Patio

10 AM - 12 PM (Scripps Cottage): Workshops on Resume Building, Networking on LinkedIn, and building a Career Map

11 AM - 1 PM (Scripps Patio): Various local organizations, student organizations, and on-campus resources tabling. Everyone that

Attendees will also get the chance to participate in our raffle and get their professional headshot taken (capped at first 40 attendees!)

**Worth 3 SSF points!!!*



EMPOWERING YOUR FUTURE MINI FAIR

Wednesday, April 13
10 AM - 1 PM

FIND YOUR OPPORTUNITY

Explore community service, internships, student organizations, and various ways to get involved at SDSU and locally within the San Diego community

The first 40 people that attend will get a **FREE** professional headshot by Your Face is Rad!

WORKSHOP SCHEDULE

10am-10:30am: Career Roadmap Workshop w/ Leticia Cazares

10:45am-11:15am: Resume w/ Natalia Peddycoart

11:30am-12pm: Linked-In w/ Lauren Bossi

Location:
SDSU Scripps
Cottage
& Scripps Patio

Attend for a chance
to win prizes and
enjoy free pizza!

Sponsored by
SDSU Student
Success Fee
(SSF)

Mind Over Mat(ter)



STUDENTS 4
PUBLIC HEALTH

Mind Over Mat(ter)

With Danna Yunis

FRIDAY, APRIL 15

🕒 4 pm to 5:30 pm

📺 Virtual VIA Zoom

📅 RSVP: [Bit.ly/SSFyoga](https://bit.ly/SSFyoga)

Event sponsored by Student Success Fee

Plenty of scientific evidence supports the stress-relieving benefits of yoga. Yoga students experience reduced anxiety and depression after only a few sessions of practice. Most first time yoga students leave class feeling elevated and all experience some form of relief. Join Danna Yunis as she explains in more detail the benefits of yoga and shares with us some practices that help create a state of equilibrium in the body and mind. Danna is a yoga studio owner, TT500 yoga instructor of Vinyasa, Hatha and Yin yoga – if you don't know what these are– you will soon! She's excited to share her yoga journey with you, guide you through some breathing exercises, a yoga class and answer any questions you might have on the many benefits, practices, and history of yoga.

Date & Time: Friday, April 15th at 4:00 PM – 5:30 PM

Location: Zoom (Webinar)

RSVP: [Bit.ly/SSFyoga](https://bit.ly/SSFyoga)

**Worth 1 SSF Point*

Pillars and Portraits of Mental Health

Pillars and Portraits of Mental Health is a free event hosted by Students 4 Public Health. During this event, you will be able to learn from Colleen Veltz, a local artist committed to helping people find healing through art. You will be to interact and play with water-based media choices to create portraits and mindscapes while focusing on your pillars of mental health. So bring a friend to collaborate with and create colorful and playful portraits!

Date & Time: Wednesday, April 20th from 4-5pm

Location: Templo Mayor (Student Union Second Floor)

RSVP: [Bit.ly/S4PHart](https://bit.ly/S4PHart)

**Worth 1 SSF Point*



BLS Certification

Join us on Friday, April 22nd at 11:30 AM to 2:30 PM in Templo Mayor to get BLS Certified!

Total Cost: \$50

\$8 seat reservation fee required via Venmo (@S4PHTreasurer)

Remaining \$42 due day of event to instructor!

RSVP: bit.ly/S4PHbIs

Worth 1 Fundraising Point

The right page features a vibrant red background with white text and three black-and-white photographs. At the top left, there is a faint graphic of a hand holding a heart. The main title 'BLS CERTIFICATION AHA CLASS' is prominently displayed in large, bold, white letters. Below the title, three photos show: 1) two people practicing CPR on a mannequin, 2) the exterior of a building with a clock tower (Templo Mayor), and 3) two people in white lab coats talking. The 'STUDENTS 4 PUBLIC HEALTH' logo is in the top right corner. The event details and cost information are listed in the lower half, along with the MPS logo and an email contact for more information.

STUDENTS 4 PUBLIC HEALTH

BLS CERTIFICATION AHA CLASS

FRIDAY, APRIL 22ND
11:30 AM - 2:30 PM
SAN DIEGO STATE UNIVERSITY
TEMPLO MAYOR

Get Certification in Basic Life Support (CPR & AED) in One Day!
Total Cost: \$50
To reserve your seat, pay \$8 to [@S4PHTreasurer](https://www.venmo.com/S4PHTreasurer) 
All seat reservation fees are nonrefundable and will go towards Students 4 Public Health. Remaining \$42 will be due at the door.
RSVP here: [Bit.ly/S4PHbIs](https://bit.ly/S4PHbIs)

MPS

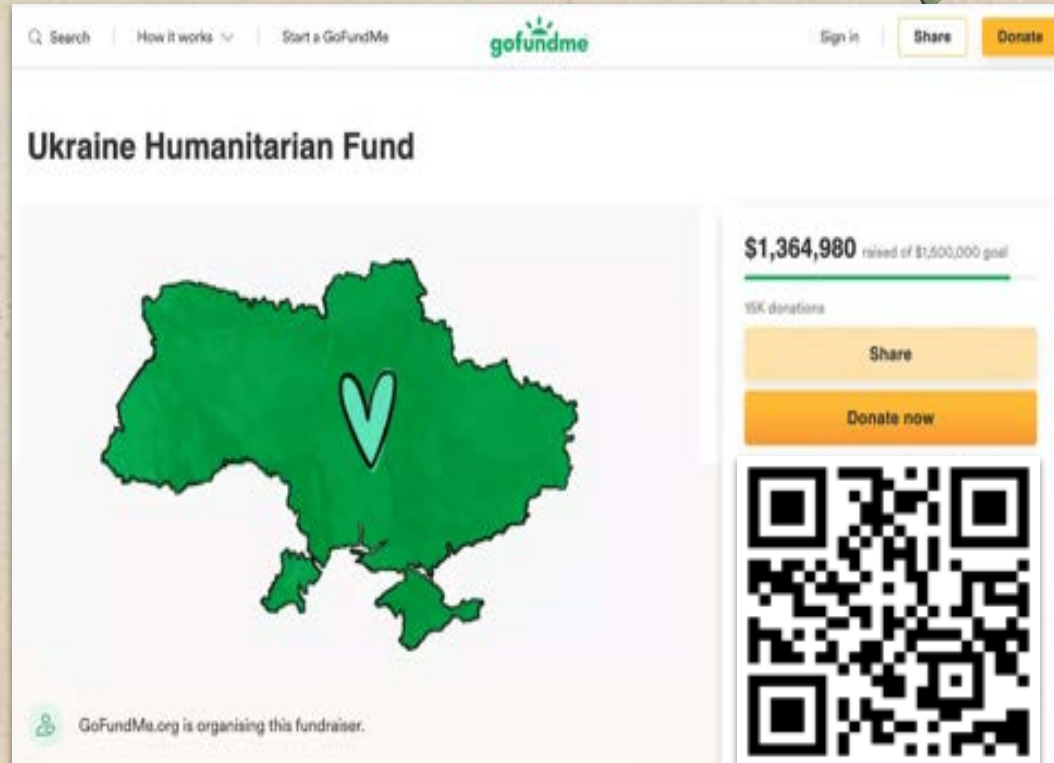
EMAIL FOR MORE INFORMATION: STUDENTS4PUBLICHEALTH@GMAIL.COM

Fundraising Point– Ukraine Go Fund Me

As the military invasion in Ukraine escalates, millions of people are facing a **serious humanitarian crisis** and are in need of urgent assistance.

All donations raised will be distributed to verified nonprofit organizations supporting vulnerable communities to obtain access to shelter, food, medical services, education, and psychosocial support, as well as other people impacted.

Worth 1 fundraising point



The screenshot shows the GoFundMe page for the "Ukraine Humanitarian Fund". The page features a green map of Ukraine with a white heart in the center. The fundraising progress is shown as \$1,364,980 raised of a \$1,500,000 goal. There are buttons for "Share" and "Donate now", and a QR code for donations. The GoFundMe logo is visible in the top right corner, and the text "GoFundMe.org is organising this fundraiser." is at the bottom left of the page.

Q Search | How it works | Start a GoFundMe | **gofundme** | Sign in | Share | Donate

Ukraine Humanitarian Fund

\$1,364,980 raised of \$1,500,000 goal

55K donations

Share

Donate now

GoFundMe.org is organising this fundraiser.

Fundraising Point- Feeding San Diego



MEMBER OF
**FEEDING
AMERICA**



WHEN: Saturday April 16th
From 9:00 AM to 11:00 AM

WHERE: 9477 Waples Street, Suite 100 San Diego, CA 92121

Easy Steps to Sign Up Online:

1. Visit <http://vhub.at/fsd>
2. Click "Create Account" in the upper right-hand corner and follow the steps as instructed.
3. During this step, you will be asked to enter your groups join code: 2953
4. After you sign in or create an account, look for your group volunteer shift on the calendar.
5. Click the "Sign Up" button to the right of your group's volunteer shift.
6. Each volunteer will receive a confirmation email when signed up successfully.

**Worth 2 Fundraising Points!*

Fundraising Point– Rubio's



WHEN: Wednesday April 6th 2022 **(TODAY)**
From 2:00 PM–8:00 PM
WHERE: In East Commons on Campus!

Please use QR code on the flyer when ordering in person! **Invite friends!!**
***Worth 1 Fundraising Point**



JOIN US FOR A GOOD CAUSE WITH A SIDE OF TACOS

Come in and enjoy our coastal-inspired tacos, burritos, bowls and salads made with responsibly-sourced seafood, all-natural chicken or USDA Choice steak.



Salita Pivale Shrimp Tacos

Order online at rubios.com and use coupon code "DONATE" at checkout.

FUNDRAISER IN SUPPORT OF ASSOCIATED STUDENTS OF SAN DIEGO STATE UNIVERSITY STUDENTS 4 PUBLIC HEALTH

Date: 04/06/2022	Time: 2:00 PM - 8:00 PM	Location: East Commons Building San Diego, CA
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Order online at rubios.com or through our mobile app, and enter coupon code **"DONATE"** at checkout or present this flyer for orders placed at the restaurant.



We will donate 100% of the proceeds from your meal to the associated public health charity (not including tax). 24-hour notice required for catering orders. Third-party delivery orders are not eligible at all times. See our website for your school's amount of contribution towards your fundraiser.

Educational Point

JOIN US FOR

LEARN NEW
RECIPES AND HOW
TO IMPROVE YOUR
NUTRITION ON A
BUDGET

Healthy Eating
ON A BUDGET

MONDAYS 11:30AM-12:30PM
ZOOM ID: 820 1068 3029

Join the “Healthy Eating on a Budget” session every Monday from 11:30–12:30am to learn more about the Peer Health Education program and how to improve your nutrition!

Zoom ID: 820 1068 3029

**Worth 1 Educational Point*

Educational Point

All About
that Pace

CHALLENGE DETAILS

CHALLENGE DATES: APRIL 7-11

- 5 day step-count challenge
- Must walk 10,000 steps each day and submit proof to Google Form (in bio)
- Participants who complete the challenge will be entered in a raffle
 - \$15 ShakeSmart gift card

Follow **@allaboutthatpace** on Instagram to learn more!

All About That Pace Challenge

- Join our 10K step challenge to win a \$15 giftcard
- Scan QR code for interest form/use link to sign-up!

**Worth 1 educational point for taking part
OR 2 educational points for all 5 days*



<https://bit.ly/PaceInterestForm>

PUBLIC HEALTH UNDERGRADUATE SUCCESS FORUM & PANEL

APRIL 8TH, 2022 // 11AM - 12PM

LOCATION: HT 183 Zoom Option Added! | Meeting ID: 811 3433 2136

Please join your SPH Undergraduate Director, faculty, staff, and peers for a one hour panel to explore the different paths of success in your public health bachelor's program and journey!

Panelists



William Parker



Neha Shrestha



Jenny Adams



Jordan Jump



Sarah Hoang



Kara Suarez
Moderator

Educational Point

PH Undergrad Success Forum & Panel

Friday, April 8th from 11am-12pm

Location: HT 183 (Zoom option added!)

Great opportunity to learn from PH seniors graduating and what they did during undergrad!

**Worth 1 Educational Point*

Educational Point

Lunchtime Lecture Series
Friday, April 8th at 12-12:45pm

Meet Dr. Paula Granados
Assistant Professor in Environmental Health-
happening virtually on Zoom

Meeting Link:
<https://SDSU.zoom.us/j/84877261721>

**Worth 1 Educational Point*

LUNCHTIME LECTURE SERIES

Meet the
New School of Public Health Faculty



Friday, October 8, 2021
12-12:45pm
Jennifer Felner, PhD, MPH
Assistant Professor
Undergraduate Program Director
Health Promotion & Beh. Science

Title: Critical methods to advance health equity for LGBTQ+ youth and youth experiencing homelessness



Friday, November 12, 2021
12-12:45pm
Sabrina Smiley, PhD, MPH
Assistant Professor
Health Promotion & Beh. Science

Title: What does it take to embed an anti-racism lens into local policy restricting menthol cigarette sales in Los Angeles County's unincorporated communities?



Friday, February 11, 2022
12-12:45pm
Heather Pines, PhD
Assistant Professor
Epidemiology & Biostatistics

Title: Sexual networks among sexual and gender minorities in Tijuana, Mexico: implications for HIV risk, exposure, prophylaxis



Friday, March 11, 2022
12-12:45pm
Shira Goldenberg, PhD
Assistant Professor
Epidemiology & Biostatistics

Title: Addressing Intersecting Crises of HIV, STIs, and Substance-Related Health Inequities Outcomes among Marginalized Women and Migrants



Friday, April 8, 2022
12-12:45pm
Paula Stigler Granados, PhD
Assistant Professor
Environmental Health

Title: Rethinking Chagas Disease in the U.S.

Join via Zoom:

<https://SDSU.zoom.us/j/84877261721>

Educational Point

Student Health Advisory Committee (SHAC)

Dates: Biweekly on Mondays— 4/11, 4/25 at 12-1pm

Attend SHAC GBMs to gain exposure to health and wellness fields, as well as contribute to the quality of the student experience at SDSU.

Contact Melissa Lucarelli or calpulli.shac@sdsu.edu for more information!

Zoom Meeting Room: bit.ly/SDSUSHAC

**Worth 1 Educational Point*



DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

JOIN SHAC

STUDENT HEALTH ADVISORY COMMITTEE

CONTACT CALPULLI.SHAC@SDSU.EDU FOR MORE INFORMATION

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:
3/14	Every other
4/11	Monday from
4/25	12:00 pm to 1:00 pm

Location:
Zoom Meeting Room
bit.ly/SDSUSHAC



Why Join SHAC?

- Develop and/or improve leadership, communication, and collaborative skills
- Gain exposure to the health and wellness fields
- Receive practical experience
- Impact the quality of the student experience
- Network with students and professional staff and faculty



SAN DIEGO STATE
UNIVERSITY

Division of Student Affairs and Campus Diversity

SA+CD

Social Point

Zip Launchpad- Potting Succulents Event

Thursday, April 28th at 7-8pm

Location: EIS-103

Join us at our follow-up event with Zip Launchpad at the end of April! We will be adding dirt and succulents to our painted pots. **You can still attend it if you did not attend Paint Your Perspective yesterday!

If you're interested, email us at students4publichealth@gmail.com to be added to the Zip Launchpad event list.

**Worth 1 Social Point*



Banquet (5/4)!!

Join us at our **End of the Year Banquet** at the Pride Suite on Wednesday, 5/4 from 2-3pm

We will be...

- Introducing the NEW executive board
- Giving certificates to all active members
- Distributing cords to graduating seniors
- Having food, games & prizes

RSVP: [Bit.ly/S4PHbanquet](https://bit.ly/S4PHbanquet) (Deadline 5/1)

**Worth 2 social points!*



Social Media Links

GroupMe:

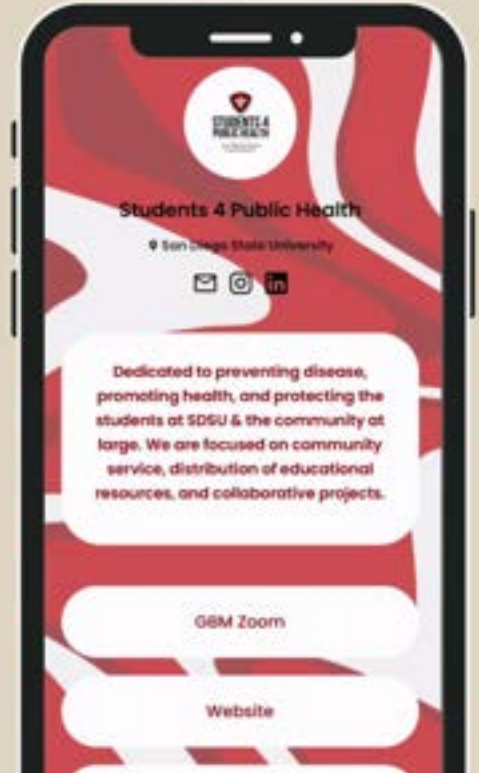


Stay connected with us!

We mainly communicate
new updates through
Instagram & GroupMe

IG:

@Students4PublicHealth



Thanks!

Do you have any questions?

students4publichealth@gmail.com

students4publichealth.weebly.com



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****ALL point submissions for active membership due 5/1!**

