



**STUDENTS 4
PUBLIC HEALTH**

SAN DIEGO STATE
UNIVERSITY

GBM IV | 3/10/21

WE HOPE YOU GUYS HAD A RELAXING R&R DAY!



SIGN IN AT THE END!





GUEST SPEAKER: MIRIAM MALDONADO

First Year SDSU MPH Student
Health Promotional &
Behavioral Science

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”

THANK YOU FOR ATTENDING!!!



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.

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!

DARE MENU



- Fun way to help raise money for our org!
- Venmo @S4PHTreasurer with your “order”
- Random name generator will pick which exec member does what!
- Fundraising point!

DARE MENU

<i>drinks</i>	\$3.00
Share a baby photo Dress up as a character of choice 5 push-ups	
<i>appetizers</i>	\$5.00
Share an embarrassing photo Crack an egg over your head Pour a bucket of water over your head	
<i>entrees</i>	\$10.00
Tik Tok Dance Take a shot of hot sauce Choose my Instagram username for 2 weeks	
<i>dessert</i>	\$15.00
Dare of choice!	

GREAT OPPORTUNITIES!

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](https://healthpromotion.sdsu.edu)

SA+CD

SDSU PASA's 1st annual

PRE-PA WEEK

6:00-7:00 pm PST

- 03/15 Alumni Meet and Greet
- 03/16 Medical Spanish Workshop
- 03/17 Medical Health Professional Panel
DO/ PA/ NP/ DPT Guest Speakers
- 03/18 PA Speciality Spotlights
- 03/19 Game Night



[BIT.LY/PASAZOOM](https://bit.ly/pasazoom)
MEETING ID: 935 6480 3080

GREAT OPPORTUNITIES!

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY



REGISTER NOW!

ECRT ADVOCATE TRAINING SPRING 2021

LEARN TO ADVOCATE FOR STUDENTS'
BASIC NEEDS AND HOW STUDENTS CAN
ACCESS RESOURCES IN OUR SDSU
COMMUNITY



OPEN TO
ALL SDSU
STUDENTS,
STAFF &
FACULTY!



REGISTRATION:
[BIT.LY/ECRTADVOCATEREG](https://bit.ly/ecrtadvocaterereg)

SA+CD

POINT OPPORTUNITIES: SHAC MEETINGS

- JOIN students 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
- Attend the next meeting to gain 1 point toward s4ph



The poster features a group of nine diverse students wearing black t-shirts with the SHAC logo. The background is purple and green. Text on the poster includes: '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.' Below this, there are sections for 'Why Join SHAC?' and 'MEETINGS' with dates, times, and location information.

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

MEETINGS

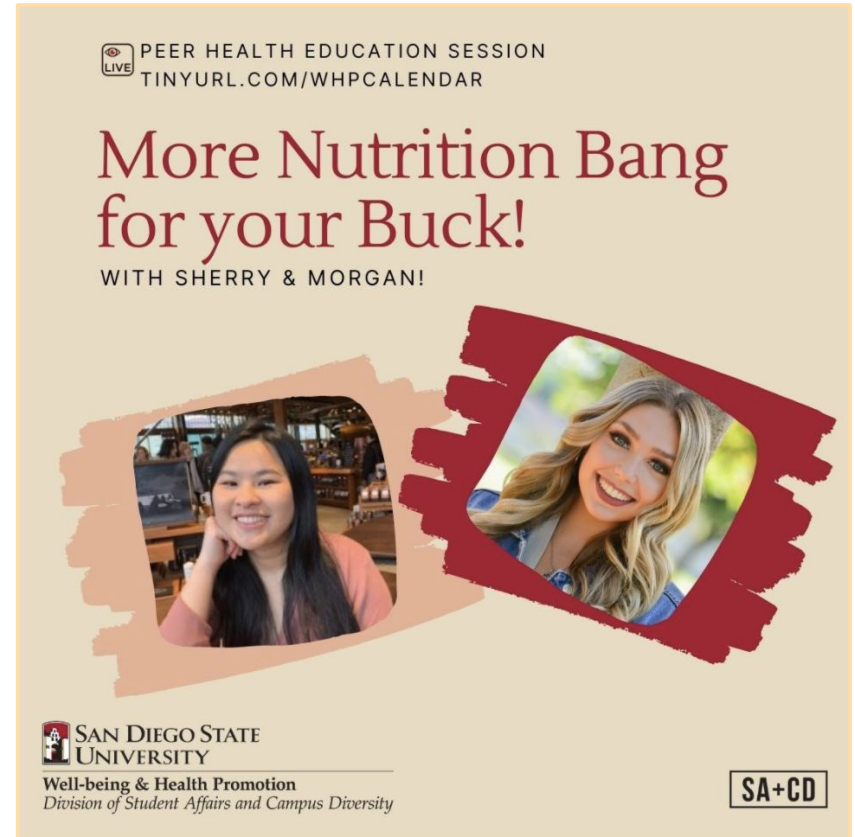
Dates:	Time:
2/2	3:30 pm to 4:30 pm
2/16	
3/2	
3/16	
4/13	
4/27	
5/4	

Location:
Zoom Meeting Room
bit.ly/SHACs2021

CONTACT: CALPULLI.SHAC@SDSU.EDU
FOR MORE INFORMATION

POINT OPPORTUNITIES: W&HP INFO SESSIONS

- Learn about nutrition, sexual health, & wellness resources led by Peer Health Educators!
- Visit: Tinyurl.com/WHPCalendar
- **1 point!**



PEER HEALTH EDUCATION SESSION
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

The flyer features two photos of young women, Sherry and Morgan, smiling. The background is a light beige color with a dark red brushstroke effect behind the photos. The text is in a mix of red and black fonts.

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 &
HEALTH Promotion



SA+CD

POINT OPPORTUNITIES: W&HP

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

POINT OPPORTUNITIES: C&PS

- March 11th @1-1:30pm
- Attend “Coping w/ COVID...and Other Stress” events
- Two events for you to choose from!
- 1 point each

Counseling & Psychological Services
SINGLE SERVINGS:

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

 [Live Well Aztecs]
  sducounseling  sdsu.edu/cps

POINT OPPORTUNITIES: VIRTUAL COOKING CLASS

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

FREE VIRTUAL COOKING CLASS!



Win \$50 to Trader Joe's!

THURSDAY, MARCH
11TH
3-4 PST

WELL-BEING & HEALTH Promotion

SA+CD

- Thursday, March 11th @ 3-4 PM
- Attend a free virtual cooking class to learn how to make individual pizzas!
- Your participation may win you a \$50 TJ's gift card!
- Register: bit.ly/Mar11chef
- 1 point!

POINT OPPORTUNITIES: VIRTUAL COFFEE HOUR

- Great way to talk to your advisors before Fall 2021 Registration!
- **1 point!**



POINT OPPORTUNITIES: COMBATING RACISM IN PUBLIC HEALTH

- WHEN: March 23rd, 2021
- TIME: 11:00 AM - 12:30 PM
- ZOOM - please register beforehand
- **1 point!**

Presented by  STUDENTS 4 PUBLIC HEALTH



**Combating
Racism in
Public Health
2021**

Samantha Gambles, MSN FNP-C
President of San Diego Black Nurses Association

Event Details

 **MAR 23**

 **11-12:30 AM PM**

 **ZOOM REGISTRATION LINK:**
<https://bit.ly/3rsBWHx>



 SAN DIEGO STATE UNIVERSITY

This event is sponsored by the 2020-2021 San Diego State University Students Success Fee

POINT OPPORTUNITIES: PHI POST-GRADUATE SERIES

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>

<p>Graduate School Panel</p> <p>March 1 7:00 PM</p>	<p>Fulfilling Destiny & Sandstone Initiative</p> <p>March 9 4:00 PM</p>	<p>Akazi Project</p> <p>March 15 12:00 PM</p>	<p>Dr. Susan Biali Haas</p> <p>March 22 4:00 PM</p>
<p>RSVP to meet some former and current MSW, MPH, and nursing students who can answer graduate school and career questions!</p>	<p>Eya Massan Touglo from Fulfilling Destiny and Chase Whittaker from SandStone Initiative will share their career and non-profit journey!</p>		<p>Dr. Susan Biali Haas is an award-winning medical doctor, internationally recognized for her expertise in mental health, stress management, burnout prevention and resilience.</p>



Public Health Initiative Presents:



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 Bialk 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 Bialk Haas

March 22nd, 4 PM PST

Dr. Susan Bialk 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 OPPORTUNITIES: STUDENT HEALTH EXPO

- WHEN: APRIL 13th, 2021
- TIME: 11:00 AM - 2:00 PM
- ZOOM -
[LIVEWELL.SDSU.EDU](https://livewell.sdsu.edu)
- **1 point!**

Grow. Thrive. Flourish.

Chance to win a \$50 Amazon Gift Card!

The virtual **HEALTH** expo

A Well-being & Health Promotion and Live Well Aztecs Event

TUESDAY, APRIL 13TH, 2021
11:00 AM - 2:00 PM
ON ZOOM VIA LIVEWELL.SDSU.EDU

Incentives, activities & information!

Local & on-campus health and well-being resources!

Networking & career opportunities!

[Live Well Aztecs]

SAN DIEGO STATE UNIVERSITY
Well-being & Health Promotion

POINT OPPORTUNITIES: YOUR VOICE MATTERS!

- Link for survey is under:
as.sdsu.edu/yourvoicematters
- Take a picture of the end slide that says “Your response has been recorded”
- 1 point

YOUR VOICE MATTERS

AN INITIATIVE THROUGH A.S. TO ENSURE STUDENTS HAVE THE PLATFORM TO

HAVE THEIR VOICES HEARD


PROVIDE FEEDBACK & MAKE POSITIVE CHANGE

ENGAGE WITH A.S. STUDENT LEADERS

HAVE AN IMPACT ON THE FUTURE OF SDSU

TELL US WHAT'S ON THEIR MIND

as.sdsu.edu/yourvoicematters

 [as_sdsu](https://www.instagram.com/as_sdsu)

SUBMIT A COMMENT, CONCERN, IDEA OR SUGGESTION AND TELL US WHAT YOU WOULD LIKE TO SEE IMPROVED OR OFFERED

YOUR VOICE MATTERS

AS
ASSOCIATED STUDENTS
SAN DIEGO STATE UNIVERSITY

as.sdsu.edu/yourvoicematters

GRADUATION CORDS

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



GREAT OPPORTUNITY: 42ND ANNUAL MEETING- SOCIETY OF BEHAVIORAL MEDICINE

- WHEN: April 12-16, 2021
- Attend a virtual conference for free!!
- If interested please stay after the meeting or text us in the group me!
- Only 4 spots are available

Meeting Schedule

MONDAY, APRIL 12	TUESDAY, APRIL 13	WEDNESDAY, APRIL 14	THURSDAY, APRIL 15	FRIDAY, APRIL 16
Pre-Conference Course (1:00 AM - 1:30 PM)	Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)	Keynote (12:00 PM - 12:50 PM)
	SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)	Networking Sessions (1:00 PM - 1:50 PM)	SIG/Council/Committee Sessions (1:00 PM - 1:50 PM)	Presidential Meet & Greet and Business Meeting (1:00 PM - 1:50 PM)
Pre-Conference Course (1:30 PM - 4:00 PM)	Master Lecture Debates/Panels (2:00 PM - 2:50 PM)	Master Lecture Debates/Panels (2:00 PM - 2:50 PM)	Master Lecture Debates/Panels (2:00 PM - 2:50 PM)	Master Lecture Debates/Panels (2:00 PM - 2:50 PM)
	Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)	Symposia (3:00 PM - 3:50 PM)
Welcome (4:00 PM - 4:50 PM)	Meet the SBM Fellows Networking Sessions (4:00 PM - 4:50 PM)	SIG/Council/Committee Sessions (4:00 PM - 4:50 PM)	Industry Speed Networking Sessions (4:00 PM - 4:50 PM)	Closing Celebration & Awards (4:00 PM - 4:50 PM)
New Member and New Attendee Meet & Greet Networking Sessions (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)	On-Demand Research Talks/Spotlights (5:00 PM - 5:50 PM)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**All times are listed in Eastern Time*

**Education sessions are in blue*

HAPPY BELATED INTERNATIONAL WOMEN'S DAY ! :))

- THE UN officially made “International Women’s Day” to reflect on women’s rights in March 8th, 1997!



POSSIBLE POINTS

EVENT	NUMBER OF POINTS
GENERAL BODY MEETING	5
SHAC	1 (MAX 2 PER SEMESTER)
PEER HEALTH EDUCATION SESSION	1
VIRTUAL COOKING CLASS	1
DARE MENU	1
VIRTUAL COFFEE HOUR	1
PHI SPEAKER SERIES	1
STUDENT HEALTH EXPO	1
COMBATING RACISM IN PUBLIC HEALTH	1
YOUR VOICE MATTERS	1

Thank you for coming!



**STUDENTS 4
PUBLIC HEALTH**

SAN DIEGO STATE
UNIVERSITY

Sign in link:

**[https://forms.gle/Lto
pQiwgAuMhn7VAA](https://forms.gle/Lto
pQiwgAuMhn7VAA)**

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

**[https://linktr.ee/students4public
health](https://linktr.ee/students4public
health)**

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

IG: @students4publichealth /

EMAIL: students4publichealth@gmail.com