

Health Promotion & Wellness Ambassador Program Report

Academic Years (AY): 20-21



San Francisco State University
Health Promotion & Wellness Unit

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Ambassador Program Goal

Virtual Ambassador Program

Due to remote learning, the Ambassador Program transitioned from an in-person student volunteer program to a virtual student volunteer program, providing opportunities for San Francisco State University (SF State) students to be involved in health and wellness activities online and requiring a minimum of four hours per month for one semester.

Goals:

- Introduce students to health and wellness topics
- Develop active bystanders
- Build a strong student volunteer network on campus

Program Requirements

- Registered student at SF State
- Attend a mandatory orientation

Program Components

- Commit to four (4) hours of virtual volunteering per month
- Submit photo/reflection submissions for each activity attended
- Attend one Mix and Mingle per month
- Attend Culminating Experience Event

Program Design

The Ambassador Program provided a unique virtual volunteer program during the 2020-2021 academic year, providing students' opportunities to decide which health and wellness activities, webinars, or workshops they would like to assist with. In fall 2020, the program was fully transitioned online to the SF State iLearn platform.

Lead Ambassador Program

The Lead Ambassador Program was postponed due to COVID-19 safety protocols and distance learning. In this program, former ambassadors took on a higher leadership position in a specific health topic area. Leads oversaw a particular event or activity related to a health topic and assisted in training ambassadors. This program will return during the 2021-2022 academic year.

COVID-19 Response

The Ambassador Program continued despite distance learning. Innovative ideas and approaches to engage with SF State students were implemented during the 2020-2021 academic year. As the COVID pandemic continued, the virtual transition was a response to keep our students connected with our HPW unit and the SF State campus community. This was one of the ways that the health funded fee was utilized for our students during this uncertain time.

Fall 2020 Semester Summary

This was the first semester where the Ambassador Program transitioned from an in-person student volunteer program to an online platform on SF State iLearn. The mandatory orientation was conducted via online through Zoom. Components of the orientation were converted from in-person to virtual activities. Participation in the program during the fall stayed consistent with over sixty (60) Ambassadors actively volunteering throughout the semester. There were many online health and wellness activities that students can assist with such as HPW virtual workshops, attending virtual campus partners' workshops, data entry, participate in social media campaigns and many other activities. Usually students would need to sign up for certain activities such as workshops, but the DIY section had activities students could do on their own time whether that was during their breaks between classes or in the evening time. Overall, this was a successful semester for the Ambassador Program especially with the transition to a virtual platform.

Examples of online health and wellness activities:

- Assist with HPW workshops (monitor the Zoom chat, moderate Instagram live stream, and etc.)
- Help with outreach activities (sending emails, social media shares, class presentations)
- Participate in the Ambassador spotlight activity
- Participate in our focus group (provide feedback about your experience)
- Attend workshops from campus partners (learn more about other department and what services they provide)
- Attend AS The Depot Wellness Wednesday Workshops (variety of health & wellness workshops in the evening time)
- Help plan Mix & Mingles and the Culminating Experience End of the Semester Event (lead icebreakers & plan games)
- Participate in Art Night and Game Night events!
- Attend HPW workshops and engage in community dialogues
- Participate in our Social Media Campaigns
- Listen to podcasts and YouTube videos and provide constructive feedbacks for improvements
- Create videos to support with awareness campaigns
- Share out in-person volunteer experience and recommendations for volunteer opportunities
- Assist with various data entry projects
- Research health and wellness resources for students

Spring 2021 Semester Summary

During this semester, constructive feedbacks from the fall semester were considered and implemented to improve the virtual Ambassador Program. Participation in the program during the spring increased with over eighty (80) Ambassadors actively volunteering throughout the semester. This program also piloted some leadership opportunities for Ambassadors who wanted to build up their leadership experience and skills. These were short term opportunities to lead a Mix & Mingle ice breaker or activity or an opportunity to lead HPW or Basic Needs presentations in their classes.

Leadership Opportunities provided:

- Lead a Mix & Mingle ice breaker (1 hour)
- Lead a Mix & Mingle activity (1 hour)
- Lead two (2) HPW presentations in classrooms (2 hours)
- Lead two (2) Basic Needs presentations in classrooms (2 hours)

In addition to receiving their Ambassador e-certificate and recognition at the Culminating Experience event for completing the program, Ambassadors also received a leadership e-certificate and a small stipend (gift card) for their commitment and completion of the leadership opportunity activity. With positive responses to these pilot leadership opportunities, it will be integrated into our Ambassador program moving forward.

Statistics

Fall 2020 Numbers

68% retention rate

- 87 Applications
- 62 Ambassadors
- **42** passed (receive their certificates)
- 15 received participation certificates
- 0 Leads
- Hours SERVED: **697.25 hours**

Fall 2020 Pre & Post Survey Results

Thirty-five (35) Ambassadors fill out both the Pre and Post surveys during this semester. Please see Appendix A for pre & post survey graphs.

Average scale & totals

QUESTIONS	Pre-Survey	Post-Survey
How connected do you feel to the Health Promotion & Wellness (HPW)?	3.66	3.88
How connected do you feel to the SF State Community?	2.96	3.41
How often do you have the opportunity to interact with diverse communities?	3.48	3.83
Do you feel Health Promotion & Wellness (HPW) values your voice?	Yes – 31 Kind of – 4	Yes – 32 Kind of – 2 Blank – 1
Do you feel SF State values your voice?	Yes – 20 Kind of – 14 No – 1	Yes – 23 Kind of – 11 No – 1

Pre & Post Survey Questions

Students shared in qualitative questions that they enjoyed the Ambassador Program. Some said that that participating in the program helped them academically by managing their time better and some of the health and wellness contents overlapped with what they were learning in their courses. Students

wrote that during a time where it was hard to connect with others on campus, the program provided a space where they were able to see familiar faces and connect with their peers. Please see Appendix B for Ambassadors Pre & Post Survey answers.

Spring 2021 Numbers

76% retention rate

- 133 Applications
- 83 Ambassadors
- **63** passed (receive their certificates)
- 20 received participation certificates
- 0 Leads
- Hours SERVED: **993** hours

Spring 2021 Pre & Post Survey Results

Thirty-seven (37) Ambassadors fill out both the Pre and Post surveys during this semester. Please see Appendix C for pre & post survey graphs.

Average scale

QUESTIONS	Pre-Survey	Post-Survey
How connected do you feel to the Health Promotion & Wellness (HPW)?	3.73	4.24
How connected do you feel to the SF State Community?	3.19	4
How often do you have the opportunity to interact with diverse communities?	3.27	3.86
Do you feel Health Promotion & Wellness (HPW) values your voice?	Yes – 35 Kind of – 2	Yes – 35 Kind of – 2
Do you feel SF State values your voice?	Yes – 24 Kind of – 12 No – 1	Yes – 27 Kind of – 9 No – 1

Pre & Post Survey Questions

Students shared similar responses as the fall semester, but there were more about the health and wellness content that students learned from the program. A student mentioned how the program helped them with establishing a routine which assisted them with school and time management. Others talked about connecting with other Ambassadors during the volunteer activities. Overall students expressed contentment and excitement about joining the program. Please see Appendix D for Ambassadors Pre & Post Survey answers.

Ambassador Spotlight Summary

Ambassador Spotlight was created by our volunteer coordinator, Alyssa Vasquez. This activity was created in response to Ambassador's request of getting to know their fellow Ambassadors more. The activity consisted of a casual meeting of three to four (3-4) Ambassadors each session. Questions that were asked included Ambassador's sharing about themselves, their interests, and how their involvement in the program has been. Since virtual programming, the Ambassador Spotlight evolved into a platform for students to connect with each, but also to assist with future Ambassador Program

outreach campaigns. Quotes were chosen from each Ambassador who participated to share with the larger SF State community via Instagram in hopes of encouraging students to apply to the Ambassador Program.

Ambassador Spotlight Reflections

"I liked how involved everyone was when answering the questions that were presented. Everyone had their cameras on which felt great since we were able to talk to one another while seeing a face not just a blank screen. I learned about how others joined and what their interests are in their day to day lives. It felt nice to connect with other students from SFSU since I have little to no face to face contact with anyone who goes to SFSU right now." - Josef Meier, Ambassador Spotlight, 2/16, 1 hour

"This activity was really nice because I got to meet two other Ambassadors which was an overall good experience. I was able to reflect as to why I am participating in the program and relate to fellow Ambassadors that share the same goal as me. Meeting with Alyssa was also very nice, because we got to learn about events and other things that can support us as Ambassadors." - Adriana Mejia, Ambassador Spotlight, March 3rd, 12-12:30 pm (Half an hour)

Ambassador Spotlight Campaign Examples



Ambassador Reflections

Ambassadors submit their reflections along with selfies after their volunteer activities. This was how their hours are counted and their reflections were reviewed to understand their volunteer experience. This was a good way to see if they liked certain volunteer activities which helped with the planning of future activities. Please see Appendix E for Ambassadors reflections.

Ambassador Photos

Due to distance learning, it was difficult to capture Ambassador volunteer experiences. When Ambassadors submit their reflections, they were also encouraged to submit a selfie of them

volunteering. There were some great selfies despite being remote, but there weren't any group or in-person photos as before. Please see Appendix F for Ambassadors photos.

New Ambassador Events

This academic year the Ambassador Program team implemented new events for Ambassadors to encourage a sense of belonging and community. These events were opportunities for Ambassadors to connect and communicate virtually with each other during distance learning.

New events:

- Game Night (HPW inspired Jeopardy style virtual game)
- Movie Night (Ambassadors voted for movies to watch together)
- Open Mic (collaboration with Associated Students (AS) The Depot)
- HPW Summit (first health & wellness conference lead by student leaders)

Challenges

With students taking online courses, it was challenging to find authentic ways to virtually connect. Though this was difficult, the Ambassador team put a lot of efforts to add new virtual volunteer activities and events for Ambassadors to help them feel connected to HPW and the SF State campus community.

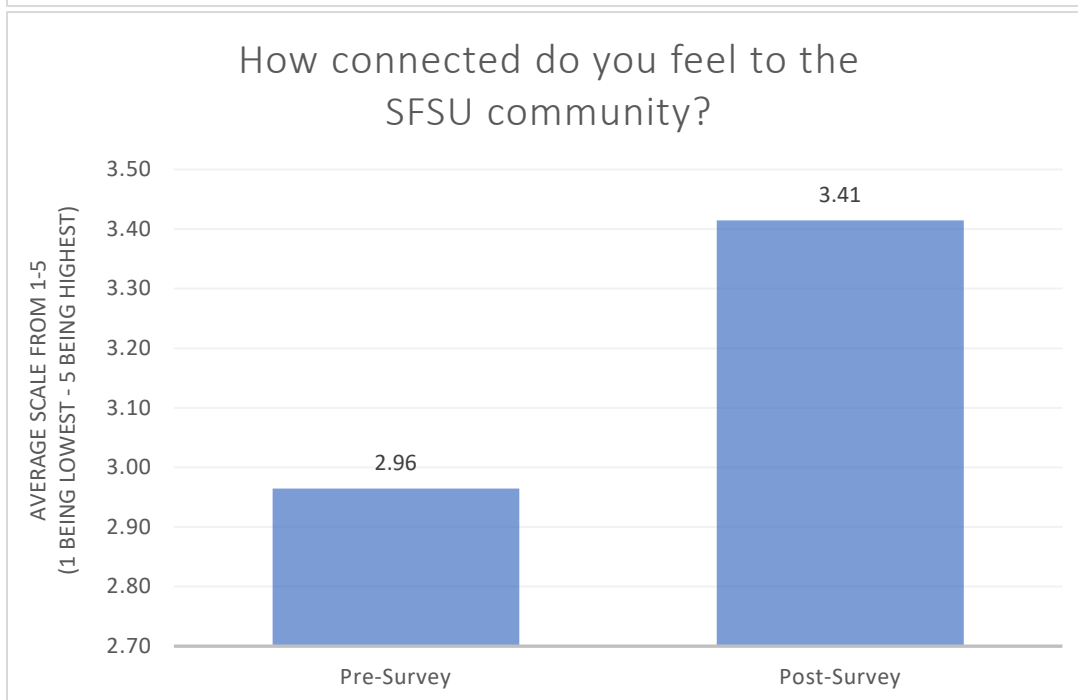
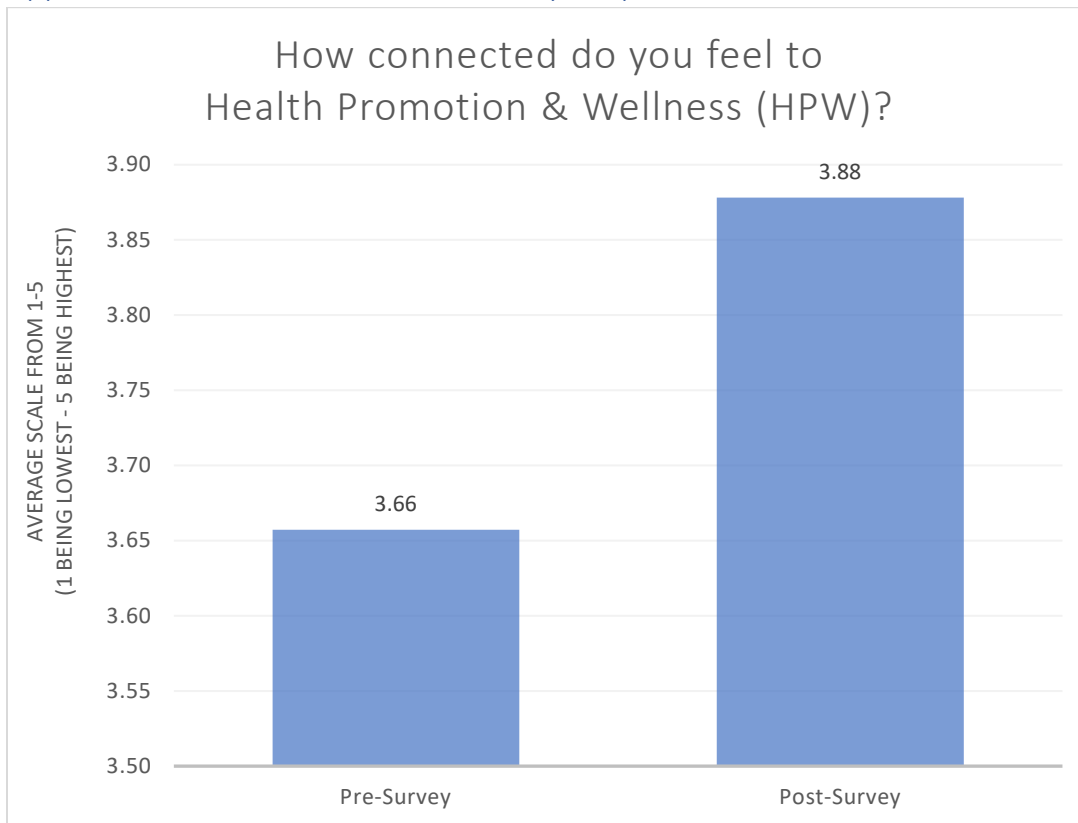
Another challenge was technology issues. Not having good wifi access, troubles with the Zoom software, or computer problems were obstacles that our Ambassadors encountered. Information about how to address these technology issues were given to Ambassadors to help mitigate the situations.

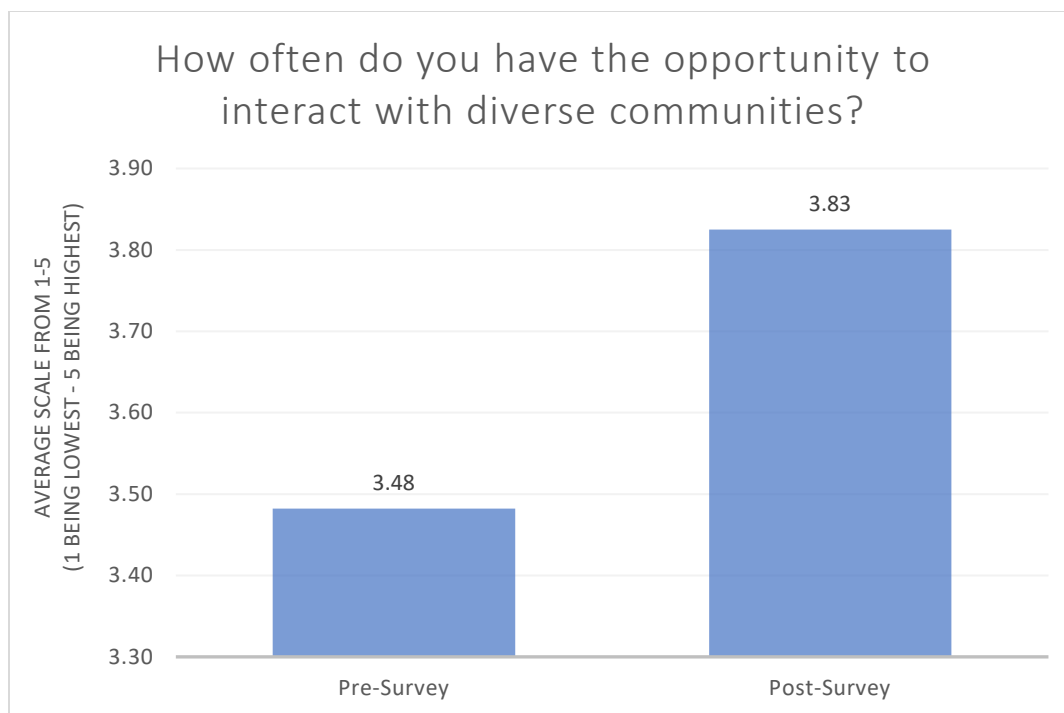
Moving Forward

As we move forward with transitioning back to campus this upcoming 2021-2022 academic year, we are excited to slowly introduce in-person volunteer activities and opportunities to assist with in-person events. Following all campus COVID safety protocols, we hope to revisit the connection that were made while being on campus together, but also build on what we have been able to achieve successfully in the virtual realm.

Appendices

Appendix A: Fall 2020 Pre & Post Survey Graphs





Appendix B: Fall 2020 Pre & Post Answers

- Has your participation in the Virtual HPW Ambassador Program helped you academically? Please explain.
- Has your participation in the Virtual HPW Ambassador Program helped you connect socially to students and/or staff? Please explain.

“Yes, it helped me de-stress even if only for an hour it was something that was much needed. It got my mind off of things and I felt that it was easier to finish work after each activity. Yes, it definitely helped me connect with students because we were talking as if we all know each other. It’s a safe space that is very comforting and I talked easily.” - Mary Le

“I do believe that the virtual HPW Ambassador Program has helped academically through all of the various workshops that have been provided to everyone. For example, there are some workshops I attended that focused on building and maintaining healthy relationships, whether it be with family, friends, or a significant other. I believe that it has been difficult to socially connect with other people virtually because we are not necessarily together, so everything feels somewhat disconnected. However, I do believe that for what is provided as of this moment, people are still able to connect to others. I truly saw that during one of the first generation student events, where we had this discussion based session. A lot of people were able to share their thoughts because the people who ran the event managed to build a safe and comfortable space.” - Catherine Gorostiza

“It has actually, it made me be on top of things and keeping busy. What great about HPW is that it doesn't only keep me busy but helps me learn new things and raise awareness. Yes, it has. When doing workshops and the mix and mingles.” - Lore Dominguez

“One way that HPW has helped me academically is expanding my network and being more engaged in the health of my community which has helped with my STEM classes. Definitely has allowed me to

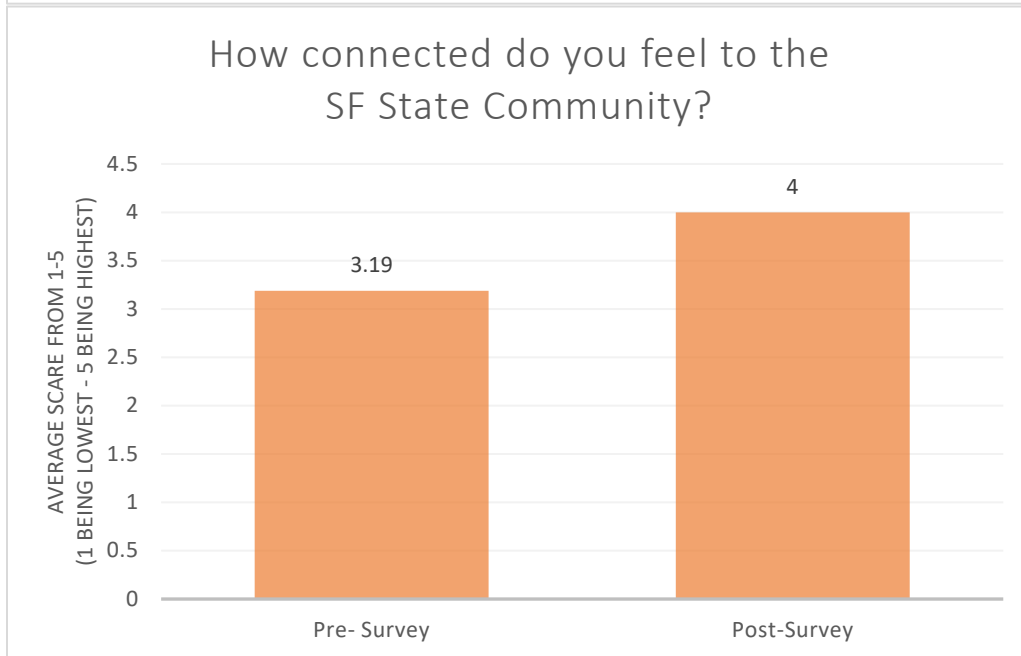
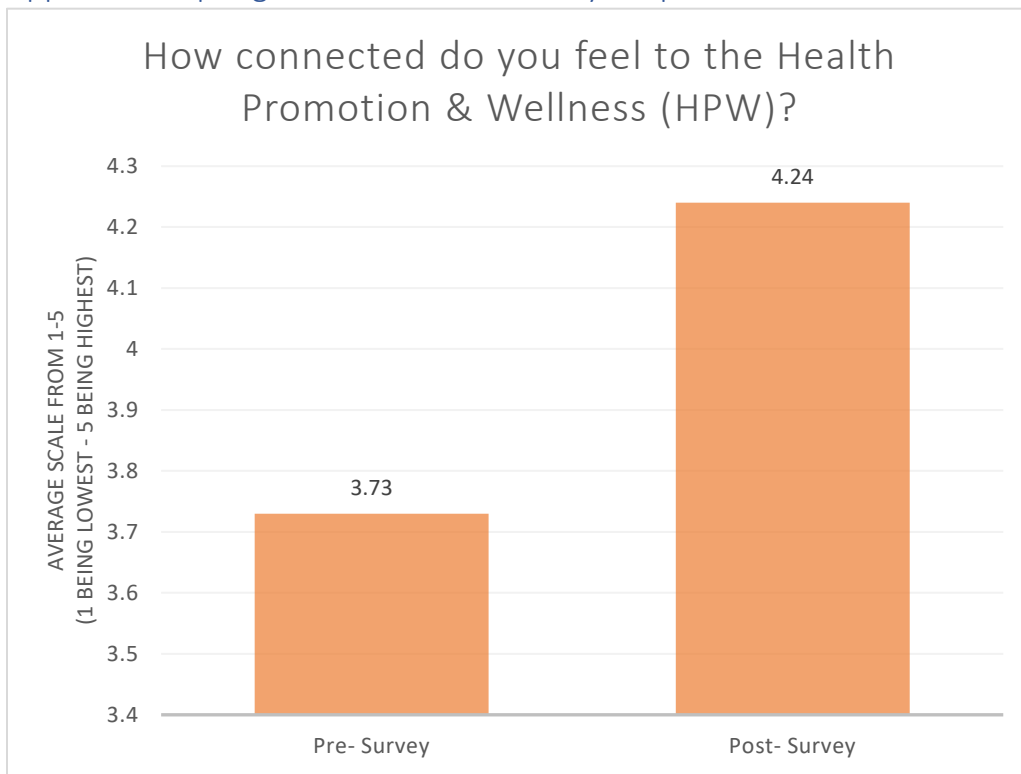
engage more with my community. I have meet so many people from different communities and people within my community.” - Ariana Villanueva

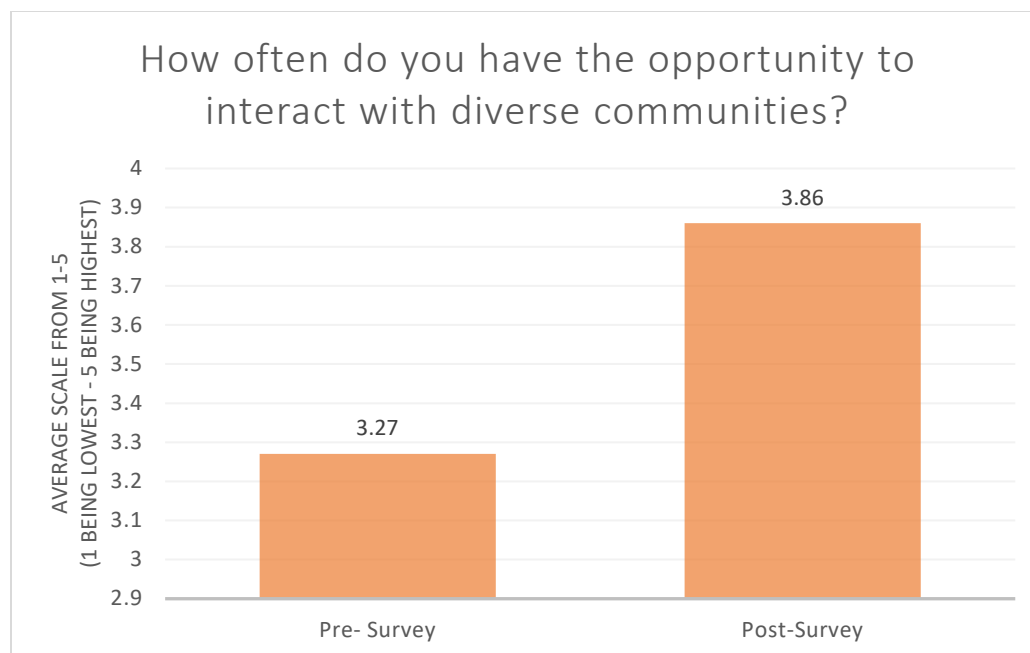
“Yes, it offered a safe space to talk about things that would affect my academic performance. although I was learning about ways to help others I was also helping myself. Yes, I got to see a lot of people I interacted with in person and helped me meet new people.” - Libertad Gonzalez

“As I attended more and more workshops, I noticed that the topics would touch upon what I was learning in my actual courses. It was nice to sometimes have a head start on the information before I learned about it in class. I think it was very resourceful and helped me throughout the semester, to have the reinforcement of information. Yes. Especially in the workshops where were able to introduce ourselves and work in breakout rooms.” - Naomi Perez

“Yes, I would say that participating in the Virtual HPW Ambassador Program helped me academically because it pushed me to keep going every time I met a new ambassador and we were able to have conversations with, which was amazing. Yes, I have been able to connect well with the staff and students which is really good because I have not been able to be very social with any of my friends due to COVID and being able to meet new people virtually was really nice.” - Stephanie Gonzalez Carrillo

Appendix C: Spring 2021 Pre & Post Survey Graphs





Appendix D: Spring 2021 Pre & Post Answers

- Has your participation in the Virtual HPW Ambassador Program helped you academically? Please explain.
- Has your participation in the Virtual HPW Ambassador Program helped you connect socially to students and/or staff? Please explain.

“Participating in some of the HPW activities helped me learn about self-care, ways to de-stress, tips on surviving the virtual world, time-management, etc. I think implementing some of those tips and advices into my life has really helped me personally as well as academically as it helped me adjust better into the environment of online classes while focusing on important aspects to perform well. Participating in the Virtual HPW Ambassador Program helped me connect socially to students because it provided me with a comfortable space where I was allowed to share my thoughts to my peers and enjoyed hearing about their thoughts and learning from them. This helped me feel more connected to my peers during this time than I had previous semester of online classes. Overall, I learned a lot through this program— along with valuable skills/tips that can help me in my life, I’m glad I was able to learn about the various programs and resources that we have at SFSU to help our students which I hadn’t known about and now I can also let my peers know about them as well!” - Yogeeta Gurung

“Yes, I have learned a lot more about the resources that are available for students on campus through the program and have had the chance to practice the things I’ve learned through workshops to succeed and be a better student or ambassador. Yes, I think being involved in the program really gave me a sense of virtual and social life through school. It was nice to see familiar faces that I would see on campus before the pandemic. I’m definitely thinking about joining again next semester!” - Sofia Cartagena

"HPW Ambassador Program has helped me being communicative more often than I expected for example asking the instructors to post some events to spread and reach out to more students. This way also makes me feels that I was part of a community where I can come and ask questions or share what I do know.

Knowing what is going on the campus and being able to understand how the program work already feels included. Expressing myself either by writing or in zoom events also make the program a great experience.

Lastly, the people that make these types of events are welcoming so anyone can get involved easily. I was able to get in touch with people, either being introduced to others or meeting again in the breakout room for some activity so that the atmosphere is already friendly. Socializing is not easy when it comes to zoom for anyone, but with this type of program I was able to recognize some people and get familiar with them so when we meet again it was nice to see someone I know and easy to keep in touch or ask questions.” - Maria Barnes

“This volunteer experience has helped me learn more about aspects of my major including mental health and self-care, which is a part of psychology. There were so many other topics I learn such as nutrition, sexual education, and substance use that can also connect with psychology. Yes, although this volunteer experience was virtual, I still felt as if I was able to connect with other volunteers well. There were many workshops where we were able to see each other and openly discuss. We got to see each other's faces and learn new things together. This virtual set up was new to be a part of but it worked well to adapt to school being remote. Thank you for the experience! I may choose to be a part of this next semester.” - Kelly Inthinavong

“Yes! It helped me develop a routine, which I struggled with having before joining. I was able to keep track of time better for school. YES! It allowed me to feel like I was taking part in connecting the SFSU community virtually. I really enjoyed my experience (:” - Gizelle Salindong

“Yes, in a way, I feel like it's helped me manage my time better since I had this extra commitment Yes! It's helped me feel connected even during social isolation and I'm grateful I've gotten access to so many resources on campus to help me grow academically, professionally, and personally.” - Alyssa Barquin

“The program has definitely given me a new perspective on health topics that I haven't seen addressed much in any of the courses I've taken. Gaining knowledge about the various resources on campus has also given me the assistance I require in order to continue my education even during these challenging times where a lot of stress has piled up due to financial stressors. The program provided opportunities to interact with fellow Ambassadors and staff to discuss the topic of that particular workshop. Now that schooling shifted to online education there was a drastic decrease in the amount of social interaction that many were used to while being on a college campus. I appreciated the chances to speak to other students and network while in the comfort of my own home. I enjoyed this program tremendously and would recommend it to my friends.” - Adriana Ponciano Alvarez

“Being an Ambassador allowed me to visit different workshops where I was informed of different resources I can use. Being an Ambassador gave me an opportunity to be more social and make more connections, even if it is just virtual, since we are learning remotely. The Program was great!” - Lorenzo Abecia

Appendix E: Ambassador Reflections from iLearn

Fall 2020 Reflections

Lizette Trujillo, Coffee and Convo: Consent, 9/10, 1 Hour

by **Lizette Trujillo** - Wednesday, 16 September 2020, 12:31 PM

As I participated in this workshop, it has opened my eyes to not only how significant the topic of Consent is, but how valuable it is to be taught on this topic frequently and even to younger generations. One important take while listening to the topic of Consent is, do not assume/presume you have consent. One must have clear communication and pay attention to all the signals. The activity was understandable and straight to the point, adding on, I also liked the part where we got the chance to participate in a poll. Overall, it was a great workshop and I plan to remind others the importance of consent.

Cecilia Doan, Mock Cooking Class, 9/15, 1 hr

by **Cecilia Doan** - Tuesday, 15 September 2020, 4:16 PM

I learned some helpful tips on how to cook and meal prep. It was fun watching her cook and teach how to properly do it. Everyone was commenting along and it was just overall really nice. I like the experience, we get to choose what's comfortable for us like not showing our faces. Also sorry I forgot to take a screenshot, but I can provide details of what we talked about. One tip she gave was to free the paste in a zip lock bag so it won't go bad. We also talked about what quick and easy food we like to make, I said cereal.

Ariana Villanueva, Oral Histories with Community/Family Workshop, Sept. 24, 1 Hour

by **Ariana Villanueva** - Saturday, 26 September 2020, 5:32 PM

Overall I believe this was a really good experience volunteering virtually. It was very interesting to interact with different groups of people and ethnicities and learn more about what they wish to learn about their history and origins. Before this workshop I didn't realize how important oral communication is with in history now that I've taken this workshop I believe that orally communicating with past generations to learn more about your culture or whatever it might be can be very impactful and beneficial in many ways. If it wasn't for HPW I probably would have never taken a workshop like this and I am glad I did because it opened up my eyes to many new things and now I am really curious to know more about my origins.

Brianna Salas, Peer Leadership Summit, 10/09/2020 2 hours

by **Brianna Salas** - Thursday, October 15, 2020, 9:42 AM

The activity I attended this week was the Peer Leadership Summit. At the summit, I was able to interact with people from other CSUs (mostly from Cal State Long Beach) and learn a lot about taking care of ourselves. I learned how to make easy snacks, a little bit of tai chi, helpful stretches, and many more. This summit was really for people who believed that they can be a leader in their own communities in order to better their health. This was information given to us to pass on to others who don't know good stretches or easy foods to make with just simple things in your kitchen. This summit was really fun to attend. My favorite part was learning Tai Chi. Although it was a very short segment, I still had a lot of fun and I am going to continue doing it.

Makayla Sandoval/ First Generation Wellness Workshop/ 11/12/2020/ 1 hour

by **Makayla Sandoval** - Tuesday, 17 November 2020, 3:46 PM

This workshop was catered to first generation students who attended a four year university or a two year college. This workshop was very eye opening experience for me. I didn't realize how many first generation students there were. I was very happy with the lack of formalities of this workshop. There was no slideshows or any fancy presentations. It was just students asking other students how they are getting through college and what challenges and benefits come with being a first generation student. I got to hear some amazing stories and felt very close with the people on that zoom call. I didn't take any pictures of the event due to privacy concerns and I also wanted to respect everyone's safe space so that is also why I

wont be repeating what was said on that zoom call. Overall, I had a really good experience and I am looking forward to participating in another first generation workshop soon.

Spring 2021 Reflections

Marisol Munoz, Mindful Gator, Feb 3, 1hr

by Marisol Munoz - Wednesday, 3 February 2021, 1:25 PM

I listened to a podcast called Emotional Regulation. What I liked about the podcast is that they shared personal methods that worked for them and also expressed that every emotion is valid. It is okay to not be positive all the time, it is okay to feel mad or sad just as long as we learn how to express those flinging appropriately. Something that helps a lot with emotions is journaling. It was a DIY so I enjoyed that I was able to listen to this podcast when I was free and really got to focus on what they were saying.

Kiana Smith, Budget Bites (Part 2): Navigating the Grocery Store, 2/9/2021, 1 hour

by Kiana Smith - Saturday, 13 February 2021, 6:46 PM

In this zoom call we learned tips on properly preparing for a grocery store trip, such as creating a list before you go, creating a budget plan, and meal prepping. One thing that I learned and will start implementing is dividing my grocery list in sections so that I can shop from isle to isle, rather than go back and forth from each side of the store to save time. I like this event a lot because although it was virtual, they constantly had us engaged and participating with poll questions and break out rooms to form ideas as small groups. I was originally a bit apprehensive about volunteering virtually however this experience made me feel quite engaged.

Emily Rong, Living in Color: Promoting Health and Celebrating Culture through Play (Holistic Health Series), April 2nd, 1 hour by Emily Rong - Friday, 2 April 2021, 11:07 PM

In today's Holistic Health Series Workshop, we got to do a relaxing activity where we think about our happy memories (like our favorite place and what we will be doing there), and then we share our answers. My happy memory was the time when I was at the park filming a picnic scene during a funny day because I got to enjoy the beautiful weather and do what I love (filming, eating sandwiches, and drinking tea). It is very nice to be doing an activity like that because it helps me be more stress relief from all of the schoolwork and other things that stress me. We also got into breakout rooms where we got to discuss being with others and connecting them with food. Here is a screenshot of the presentation:

Alyssa Barquin, HPW Summit, 4/9, 2 hours

by Alyssa Barquin - Friday, 9 April 2021, 12:20 PM

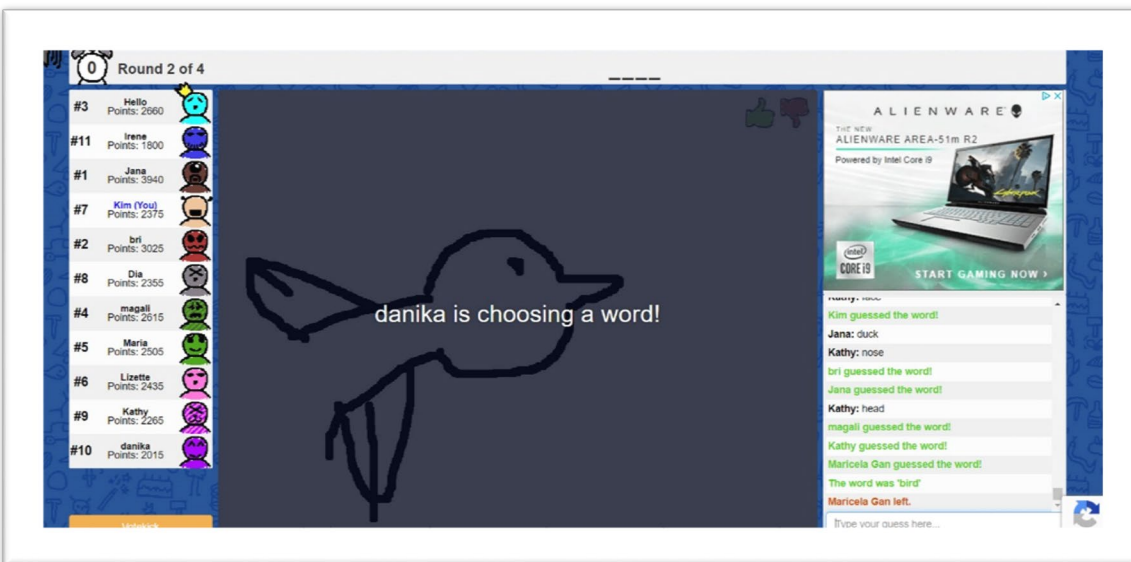
I really enjoyed the summit! All of the topics discussed were things that were important to me, such as growth mindset, organization, stress management, safety tips, etc., and it's just great to learn about things that students care about. I also enjoyed getting to know some of my peers in the breakout rooms and sharing our social media to stay connected, it's a great way to keep in touch with others during a virtual school year. I loved learning new things about topics I care about through the presentations as well as simply hearing other people's perspectives. Great job to the HPW Summit team!

Janaveve Solis, HPW Ambassador and Leadership, 4/26, 1 hour

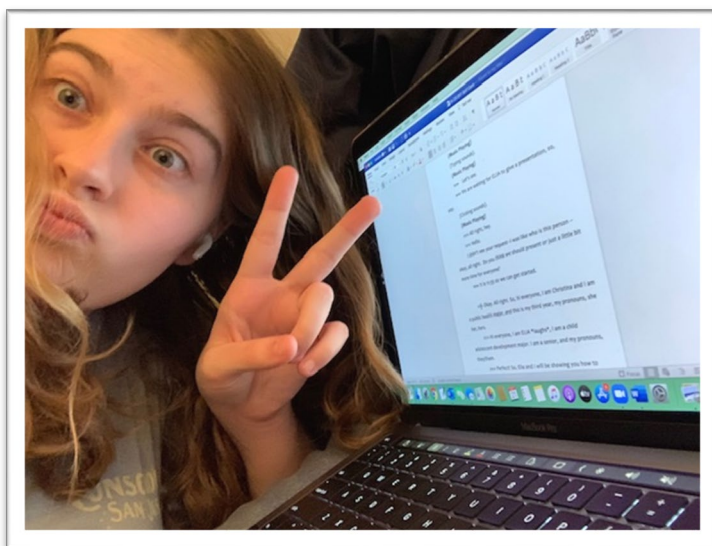
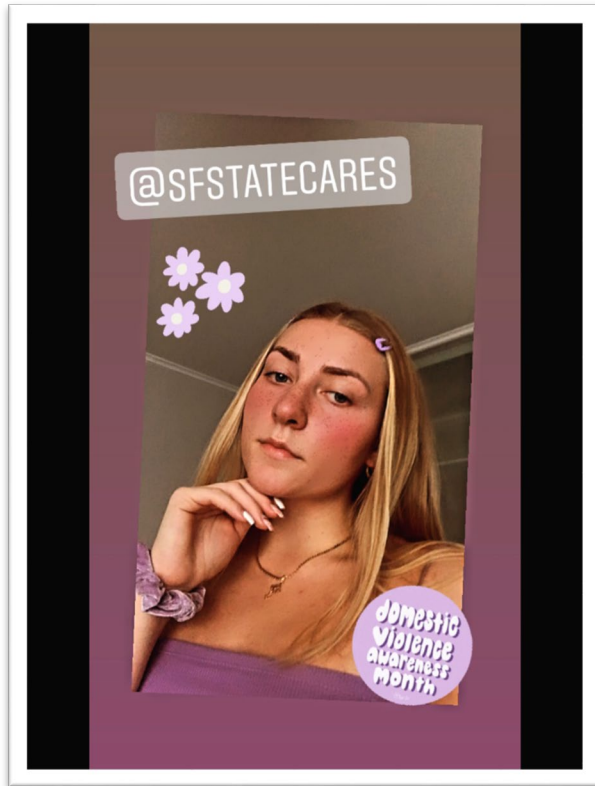
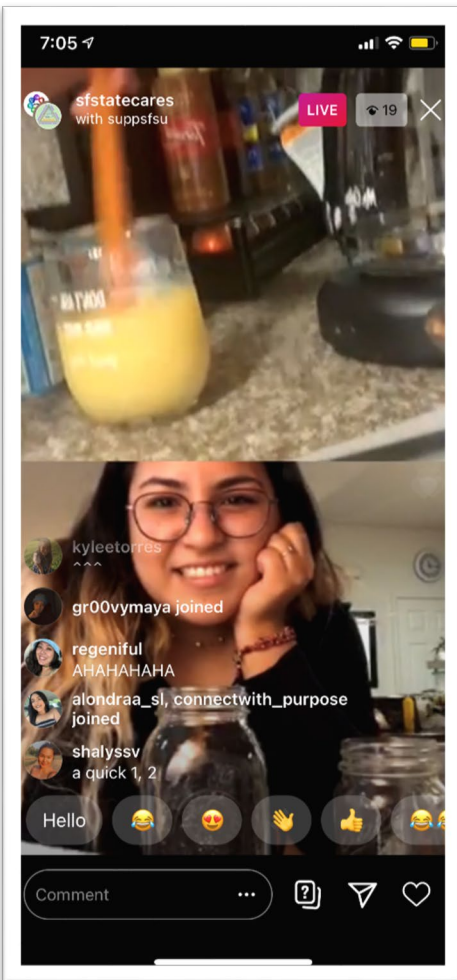
by Janaveve Solis - Monday, April 26, 2021, 1:58 PM

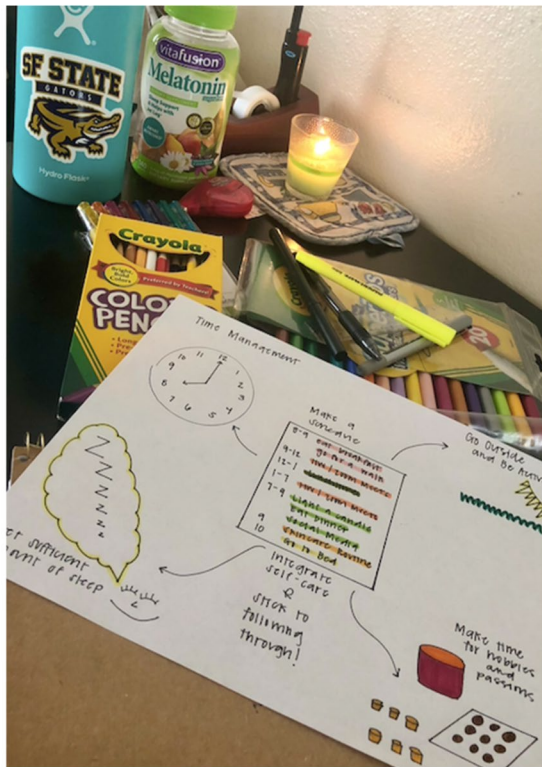
This workshop highlighted leadership qualities and how being an ambassador can be added to your resume to show your leadership skills. I really liked this activity because it helped me feel more confident in working on my leadership skills since I've always felt like I lacked them. I learned that leadership is not defined by what position you have in your professional life but is a quality that one has to make an impact in other people's lives. This made me realize that I in fact do have leadership skills/qualities and that I can improve them through the ambassador program. I really enjoyed this workshop!

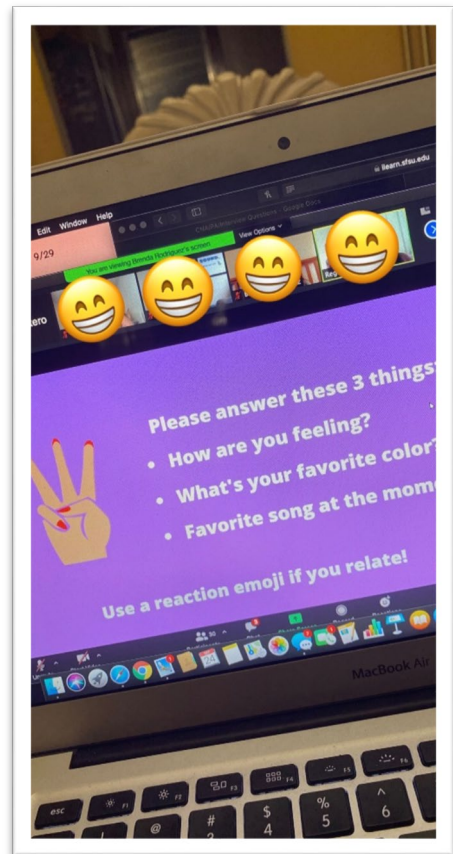
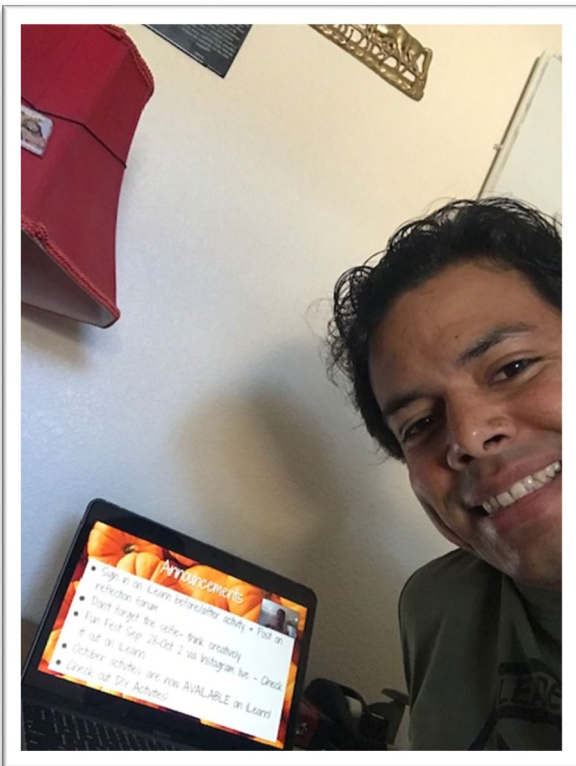
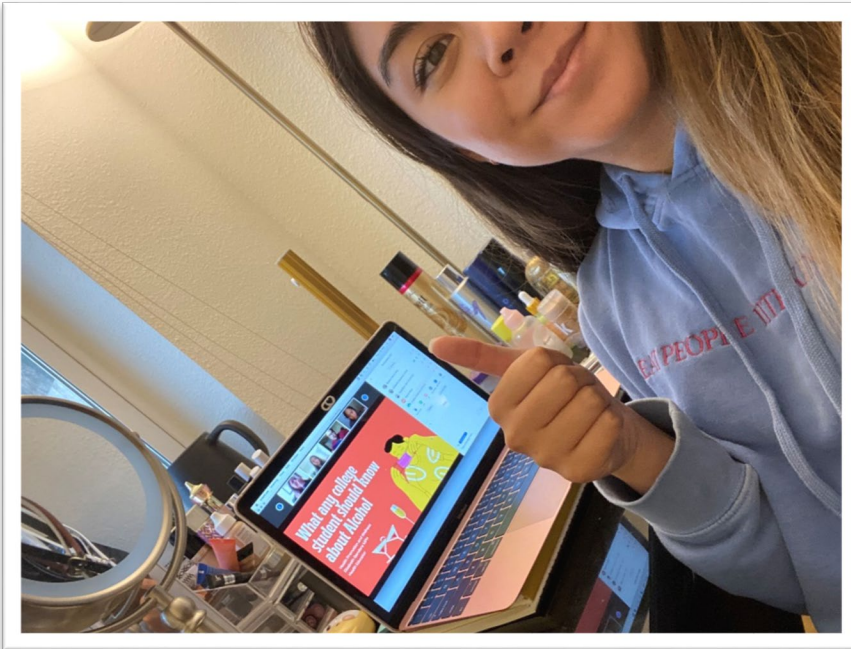
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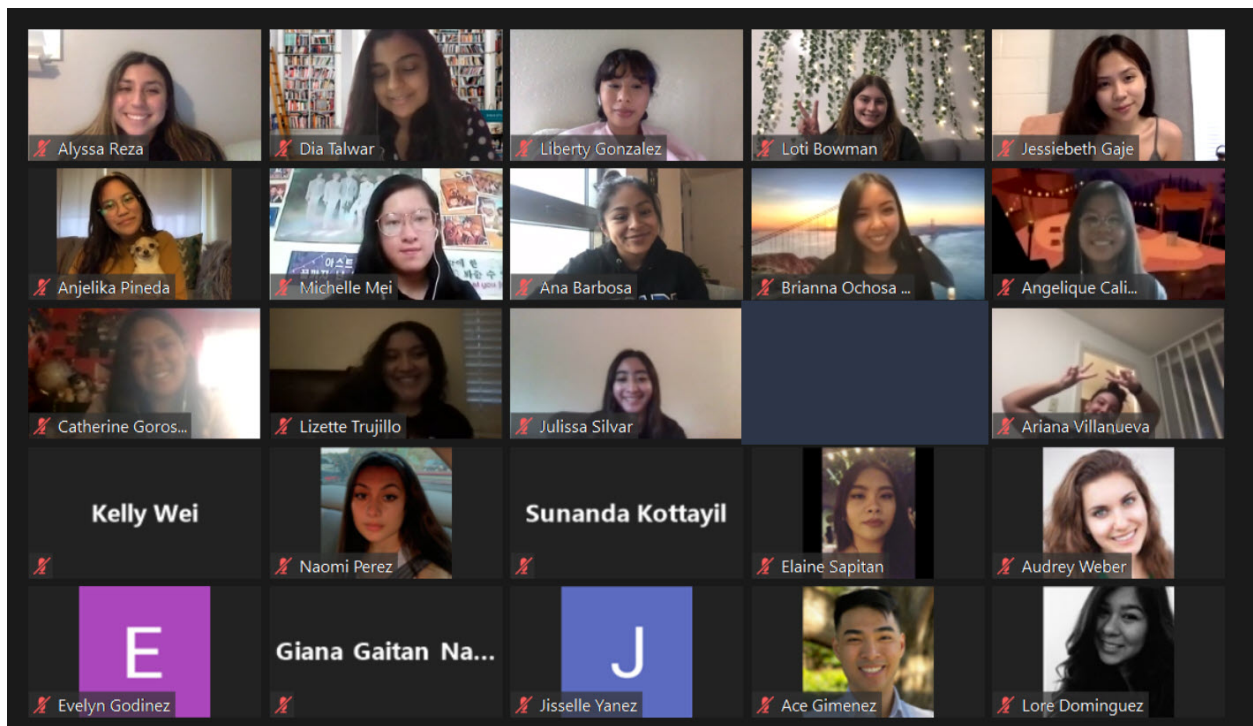
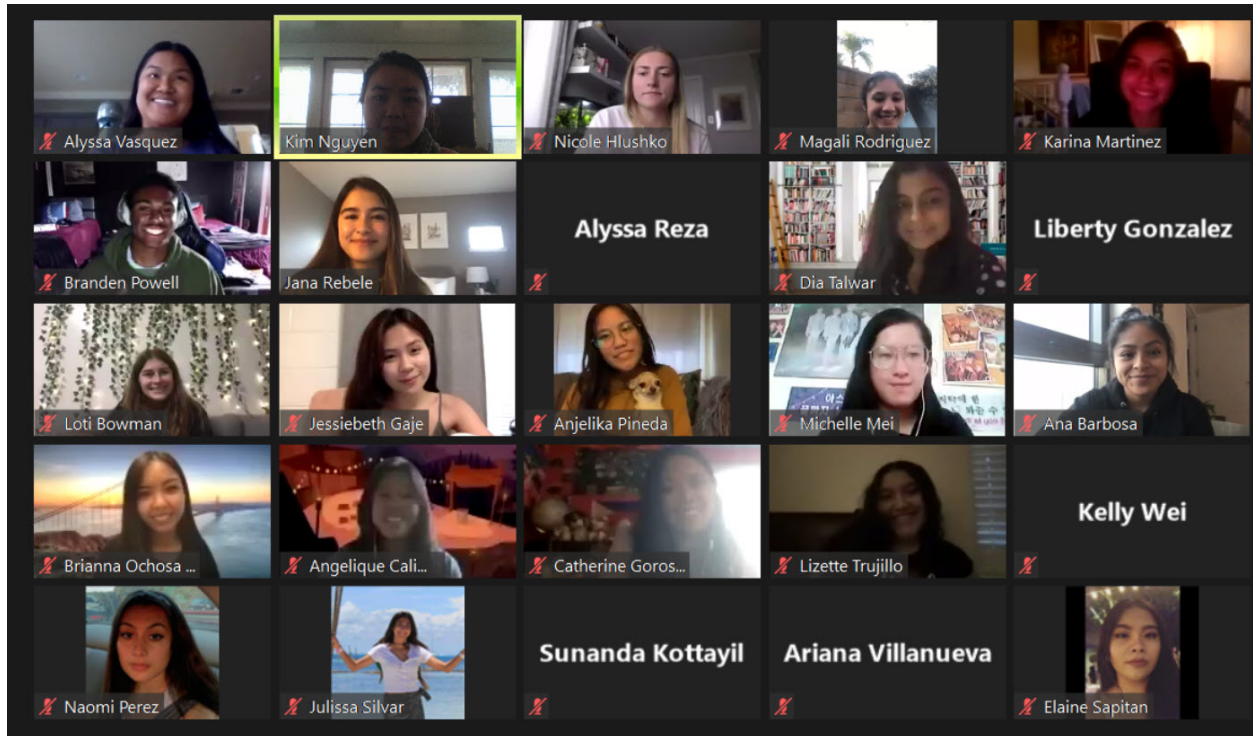
Fall Volunteer Activities



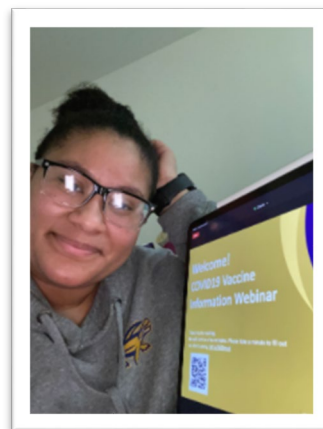
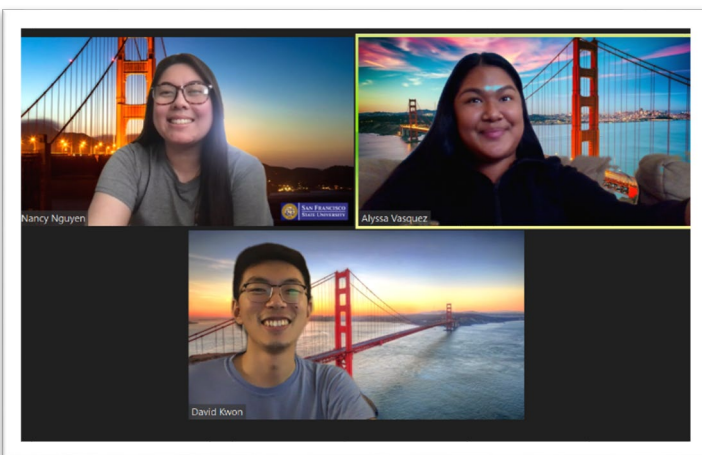
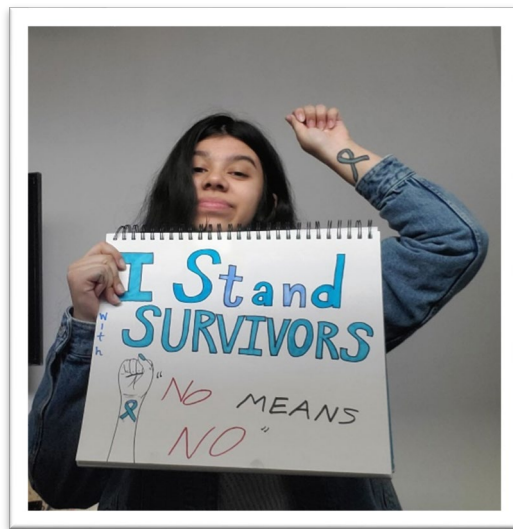


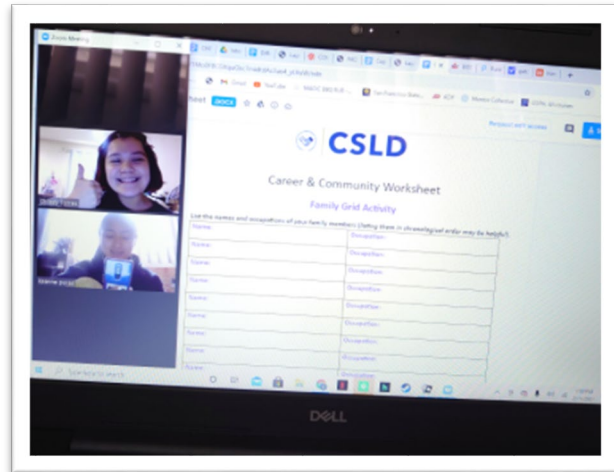
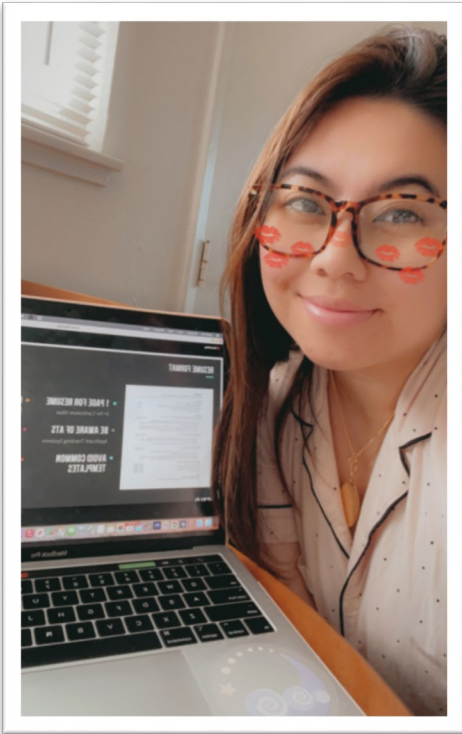


Fall Culminating Experience Event

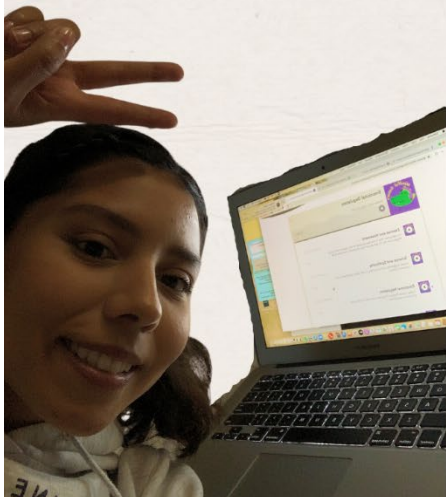


Spring Volunteer Activities





Ambassador Testimonies



I listened to a podcast called Emotional Regulation. What I liked about the podcast is that they shared personal methods that worked for them and also expressed that every emotion is valid. It is okay to not be positive all the time, it is okay to feel mad or sad just as long as we learn how to express those feelings appropriately. Something that helps a lot with emotions is journaling. It was a DIY so I enjoyed that I was able to listen to this podcast when I was free and really got to focus on what they were saying.

Marisol Munoz, Mindful Gator Podcast, Feb 3

Ambassador Testimonies

David Kwon, Food+Shelter+Success Info Session 2/11

I have learned that homelessness is defined as not having a key to their own place (20% of students at SFSU are homeless). I also learned that food insecurity means not eating nutritious food on a regular basis (50% of students are food insecure). There are three ways that the university provides some help: 1) Food Security, 2) Housing Stability and 3) Economic Support. Students can get help with food by participating in the following: CalFresh, Gator Groceries, Emergency Meal Cards, and County Food Banks. Students can get help with housing through PATHS: Gator Crisis Housing, Rapid Re-Housing, and Hotel Vouchers. Students can get help with Economic Support through the following: Basic Needs Emergency Funds, Hope Crisis Funds, Basic Needs Laundry Kits, and Basic Needs Care Kits.



Ambassador Testimonies



I attended the "How to be a better boyfriend" on IG Live! It basically talked about 10 ten steps the OneLove Foundation produced! It ranged from communication to trust and it made me understand a bit more on ways to show my girlfriend that I love her--I love my girlfriend. A lot. :) ... Anyways! It was a really nice experience because a lot of other people were there and shared what they felt and I agreed 100% with them. I just want to make my girlfriend happy and that makes me happy.

Ace Gimenez, How to be a better boyfriend
Feb. 9th, 2021 Instagram Live

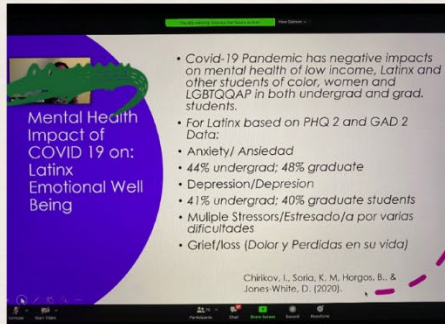


Ambassador Testimonies



Magali Rodriguez Latinx Open Gators, 2/17

During this volunteer opportunity, I got to hear some amazing Latin Woman speakers talk about their journeys and what they do now in life, and how to resonate that into your own life. I loved how all of the people speaking were women and they shared their vulnerable Stories while also taking time to answer any questions the audience had for them. I truly enjoyed this experience because I left feeling so powerful and inspired to be a Latin Woman having those woman speakers to look up to.



Ambassador Testimonies

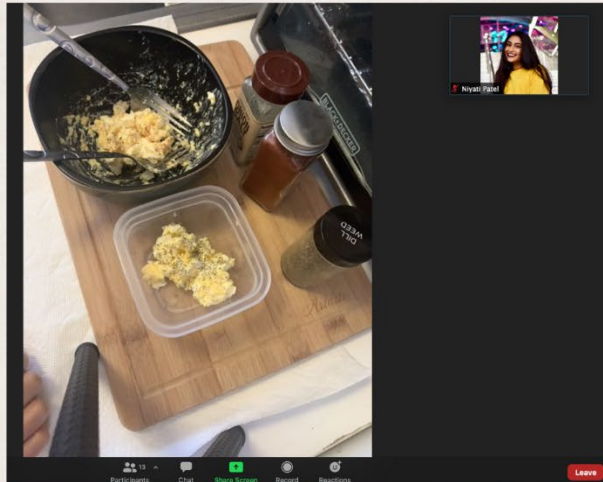


Adriana Mejia, Motivated Gator, March 2nd

I was able to reflect about how to keep myself motivated during this COVID era. I really liked this activity because I was able to think of advice that can potentially help other students stay motivated as well. It was a very good exciting experience.



Ambassador Testimonies



I really liked how interactive this activity was and how they got us involved in the cooking process. This activity was also informative in the sense that they discussed the "nourishing four" (proteins, starches, fibers, and fat) and incorporated them into the recipes they provided.

Niyati Patel, Cooking Demo, 3/16

Ambassador Testimonies



Gizelle Salindong, From Zzz's to A's Sleeping Workshop 3.17

I loved this workshop!! My favorite part was doing the body scan stretching lead by Ali. As someone who struggles to sleep at a decent time (I've been sleeping around 3-4 am), I will definitely try the methods that was talked about in the workshop to sleep, like trying tea or putting away electronics an hour before bed.

Ambassador Testimonies

Before starting the activity, everyone introduced themselves which was nice since we were able to get to know one another before diving into the activity. I learned about the differences between sexual orientation, sex, and gender. we used the website, Padlet to comment on topics that were presented during the meeting. We shared how men in our cultures are viewed and how it has affected each one of us. I liked how some of us were able to relate to one another and how some participants are faculty and others are students.

Josef Meier, Step Outside the Box: Men of Color

Discuss (take 10 minutes):

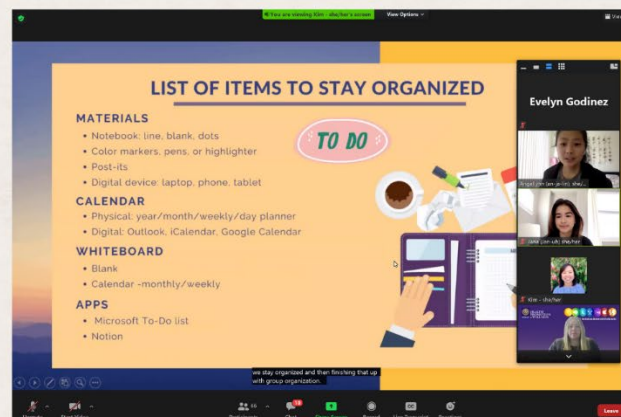
- In what ways do strict gender expectations influence men's health and relationships?
- How do these strict expectations of masculinity show up in your lived experience as a Man of Color?
- In what ways have YOU upheld these ideas about masculinity?



Ambassador Testimonies

Faheema Patel, HPW Summit, 4/9

The HPW Summit was an event I was really excited about! I loved all the topics we talked about, I felt they were really relatable to students! I learned about growth mindset and fixed mindset, got some tips on how to organize, and got to connect with people! I loved the HPW Summit and would love to attend an event like this again!



Spring Culminating Experience Event

