

HPW Student Leader Program Program Report Academic Years (AY): 2020-2021



San Francisco State University
Health Promotion & Wellness
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Peer Health Leadership (PHL) Program

The PHL program focuses on developing student leaders on campus. The program consists of paid and volunteer opportunities and provides meaningful training, professional development, networking, skill building, and health education opportunities.

Ambassador Program

The Ambassador Program is a volunteer program that provides opportunities for SF State students to be involved in health and wellness activities on campus and requires a minimum of four hours per month for one semester.

Lead Ambassador Program

The Lead Ambassador program is an advanced volunteer program where students volunteer a minimum of eight hours per month for one semester, plan and manage program activities with a health educator and train new Ambassadors.

Student Leader Program

The Student Leader Program is a paid position. This program provides meaningful professional development training, networking, skill-building, and health education opportunities for SF State students. HPW student leaders work to build health education programming to raise awareness about health and wellness and provide SF State students with the tools and resources they need to make informed decisions about their wellbeing

Other Student Leadership Opportunities

Though there were other student leadership opportunities that were not necessary under the PHL programs oversight, there is a strong consensus to build unity among the different programs. Students from other programs may get assistance from the Peer Health Leadership Coordinator with hiring and logistics or provided opportunities to attend the PHL socials, training and professional development workshops.

Student Leader Program Components

The Student Leader Program consisted of:

- Mandatory 3 days orientation held before school begins in the fall
- Monthly socials to connect student leaders from different health topics together
- Monthly professional development workshops to develop and enhance skills for work

Student Leader Program Orientation

The student leader program's orientation was a full three day and was held on August 19th – 21st, 2020. The focus was on logistics of the student leader program, overview of HPW and for student leaders to get to know each other and staff.

Student Leader Socials & Professional Developments

- **River of Life**
At the monthly socials, students presented their river of life with their health topic teams. The river of life was implemented to help students to get to know each other better.
- **Socials**
Socials were opportunities for students and staff to see each other and engage in fun virtual activities together.
- **Professional Development Topics**
Professional development topics covered a variety of different health & wellness, presentation skills and personal growth.

HPW Student Leader Program 2020-2021 Academic Year			
Professional Development			
Date	Professional Development Topic	Staff	Materials/ Notes
September	Public Speaking, Facilitation, & Confidence	Kim	
October	Organizational skills & Motivation	Kim + Jul	
November	Financial Wellness	Kim + Jewlee	Difference between financial literacy
February	Self-Care & Setting Boundaries	Kim + Priyam	
March	Career Planning/ Resume & Cover Letters	Kim + Taylor	CSLD guest
April	Leadership	Kim + Denmark + Liz	
Socials			
Date	Socials & Activities	Staff	Materials/ Notes
September	ATOD team	Kim + ATOD	
October	Mental Health	Kim + MH	
November	SVP & Men's	Kim + SVP & Men	
December 4th	End of semester celebration – Sexual Health	Kim + SH	Games, appreciations, gift cards
February	Nutrition	Kim + Nutrition	
March	Basic Needs	Kim + BN	
April	Communication	Kim + Comm	
May 7 th	End of year celebration - PHL	Kim + PHL	Certificates, gift cards, recognitions, games
Student Leaders to lead socials (activity up to team to decide)			

Virtual for 2020-2021

- The student leader program restructured into a virtual student leader program due to the academic year being fully remote
 - iLearn was used to host socials, professional development workshop, and to post program's logistics
 - Microsoft Teams, Monday.com and Outlook were used to communicate about work tasks and projects

Hiring Statistics

Numbers of student leaders: 29 student leaders total (4 part-time)

- 29 HPW student leaders
 - 1 for Counseling and Psychology Services
 - 1 for Student Health Services

- 4 part-time working one semester
- 3 CalFresh student positions supported by CalFresh Outreach Grant (Center for Health Communities)

Evaluation

Every semester, the PHL program does an end of the semester/year evaluation, student leader evaluation and supervisor evaluation. The purpose is to get student feedback to make improvements and to evaluate student growth as well as staff management. Please see Ambassador Report for more information regarding student volunteers' feedback.

Due to the COVID-19 pandemic, the 2020-2021 academic year was fully remote. Programs continued via online platforms such as iLearn, Monday.com, Outlook, and Zoom.

Fall 2020 Semester Summary

Things that student leaders enjoyed during the Fall 2020 semester

These were the top categories:

- Student Leader Program
- Community (HPW, SF State, Students)
- Program Work

Things that could be improved or changed

These were the top categories:

- Community & More Collaboration
- Communication & Resources
- Student Leader Program – Technical & Work

What has your experience been working remotely?

Some positives from working remotely due to the COVID-19 pandemic were that it was the opportunity to learn new work skills, working remotely worked out better than expected, and a learning experience.

Some things that could have improved were the difficulties with separating home and work environments, not feeling connected virtually, and not being able to experience the student leader program in-person.

Spring 2021 Semester Summary

Things that student leaders enjoyed during the Spring 2021 semester

These were the top categories:

- HPW Community & Professional Development
- Community Building & Collaborations
- Student Leader Development

Things that could be improved or changed

These were the top categories:

- Socials & Collaborations
- Communication Protocols
- Logistics & Hours

How do you think HPW can better foster a community here at our office?

The top answers were about continuing community building amongst HPW students and staff, more remote tools, work guidelines, and improving remote work environment.

For more detail information about 2020-2021 AY student leader program evaluation can be found in the Health Promotion & Wellness Box Folder.

Student Leader & PHL Events

Creating social events to bring all HPW Peer Health Leadership students together was implemented for the 2019-2020 academic year but challenging to continue this academic year due to the COVID-19 pandemic. There were virtual socials and professional development workshops for our student leaders which went well. Our virtual Mix & Mingle socials for our Ambassadors also had good attendance and feedback from our students. We were able to schedule an optional in-person get together at the end of the semester in May 2021 where some students and staff met up at the office while following COVID-19 safety protocols. Something that we will try to do next academic year is to open our PHL events again to our HPW students to help encourage student engagement and to build community.

HPW Summit

This academic year we had an opportunity to spearhead the first Health Promotion & Wellness (HPW) Summit! The inspiration came from attending the California State University (CSU) Peer Leadership Summit that CSU Long Beach hosted in collaborations with other CSU campuses. The Peer Health Leadership Coordinator was part of the CSU committee and assisted with the planning and recruitment of students. There were great feedbacks from our SF State students who attended the summit that the idea to have our own SF State HPW Summit came about. This was also another way to help build connections and encourage our students to get to know each other better during remote learning. This was a virtual summit that was led by HPW Student Leaders from different health topics with the Peer health Leadership Coordinator's guidance. Students planned the summit topics, activities, and brainstormed together about how to create our own version of the summit for our SF State community. There were 62 students including the planning committee members who attended the summit and we had our HPW Director and Associate Vice President of Student Affairs come by for the opening comments. Overall, it was a successful first virtual HPW Summit and we hope to continue this next academic year.



Key Takeaways & Recommendations

The 2020-2021 academic year had an unconventional and successful fall and spring semester. HPW student leaders needed time to adjust to working remotely, but overall enjoyed the opportunity to find community and work on virtual programming. The Student Leader events such as socials and professional development workshops were very successful and provided opportunities for student leaders to get together virtually.

This academic year was the first year of the HPW Student Leader Program (formerly HPW Internship) which focused more on developing students' leadership and professional growth.

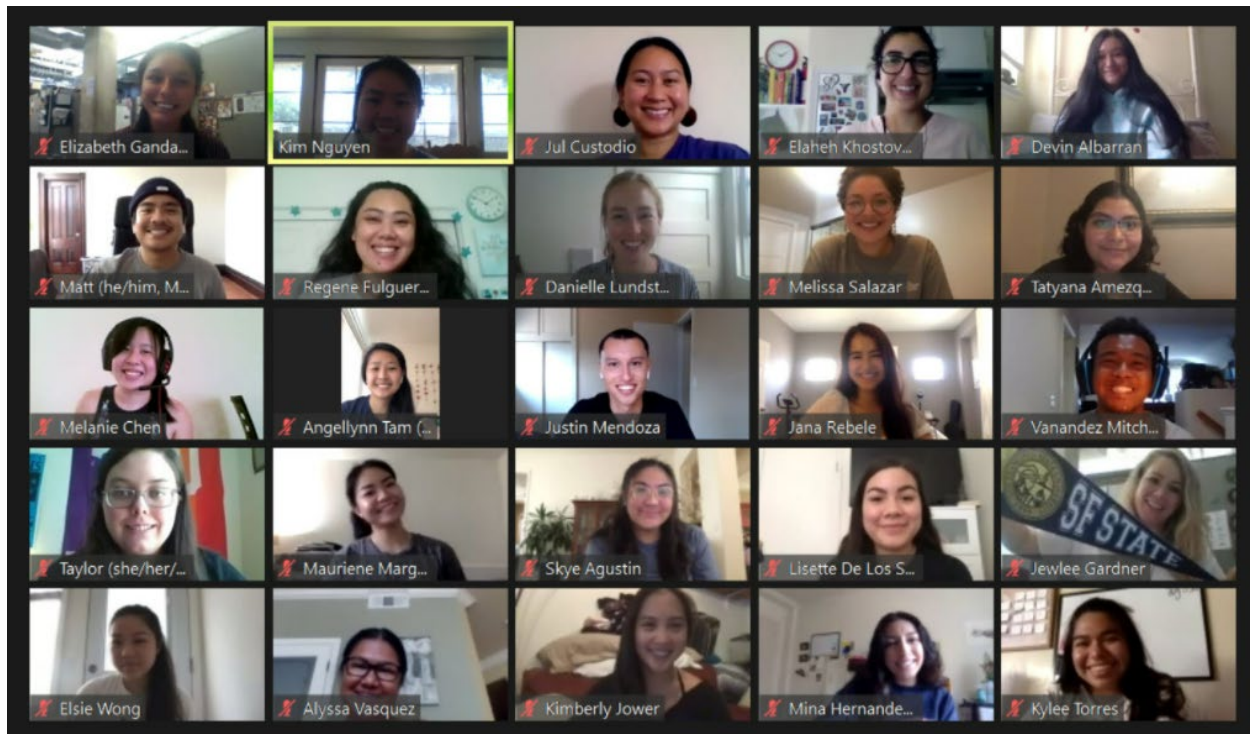
Challenges & Moving Forward

The COVID-19 pandemic continued to bring new challenges for our PHL program. Working remotely was something that still needed more time to adjust to and opportunities to come together as a team were difficult. Zoom fatigue was prominent and while hosting these events virtually was our only options, it was still tough to navigate how to help our students feel connected to HPW and our campus.

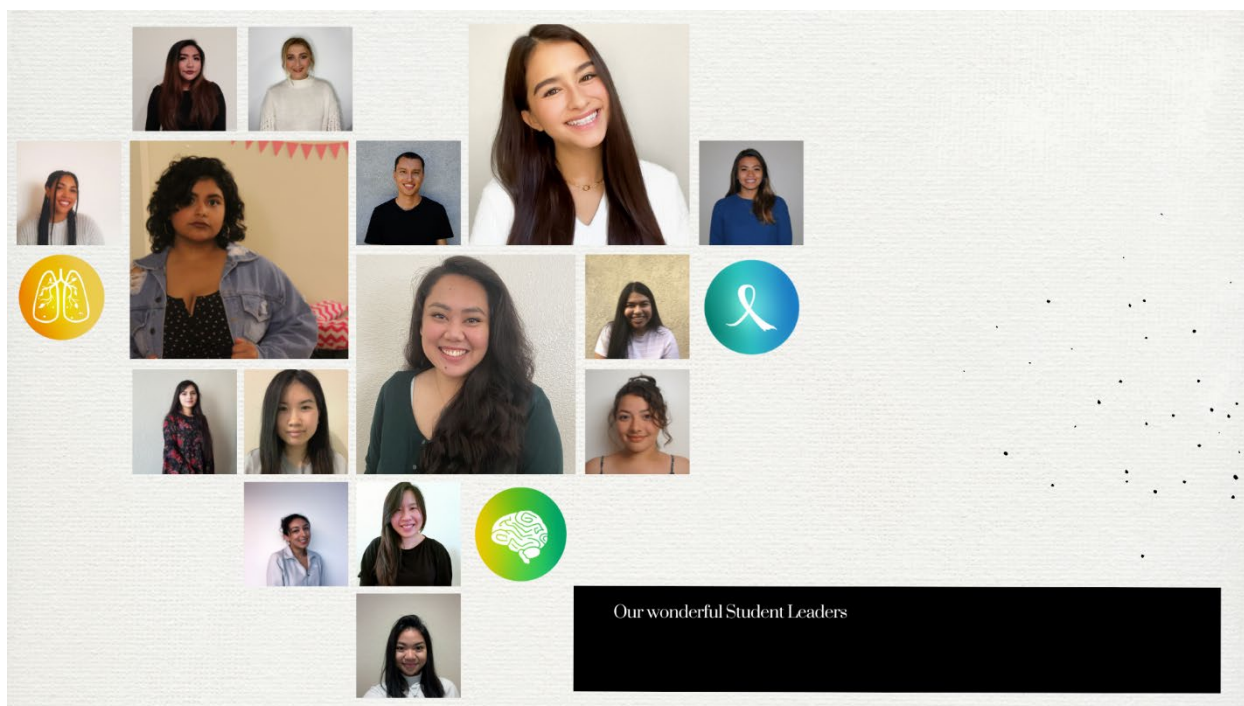
Fall 2021 will bring new challenges in that it will be a hybrid model of in-person and virtual programming. Moving forward, our HPW team will continue to implement new ways to reach our students online, in-person, and adapt our programming as necessary.

Photos

Orientation



Student Leaders





End of semester celebration



PHL Program Report 2020-2021



End of the year celebration



