

Frequently Asked Questions

What are the benefits of a HEAL Internship?

The HEAL internship provides public speaking, event planning, and teamwork experience. Interns develop close relationships with peers and advisors. HEAL is also an exceptional résumé booster for employment and graduate school.

How many interns are accepted into the program each quarter?

HEAL accepts about 15 to 20 interns.

What experience or skills do interns need?

It is recommended applicants take ESS 3 (Nutrition) before applying. Interest in health and peer education is essential, but any previous experience with public speaking, education, or event coordinating is helpful.



“HEAL is one of the best things I've done in my UCSB career. The things I've learned, the experiences I've had, and the friendships I've made will stay with me far beyond my college years.”

*-Iris Lehman
HEAL Intern
2007-2009*

HEAL is part of UCSB Peer Health Interns
<http://www.ucsbpeerhealth.org/heal>

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UCSB HEAL Healthy Eating and Living Internship

General Information



Students encouraging students to maintain healthy relationships with food and body image

What is HEAL?

Healthy Eating and Living (HEAL) is a class and an internship offered by Student Health Education. Students in the program promote healthy relationships with food and your body through peer education at UCSB.

What do HEAL interns do?

Presentations

Each HEAL intern gives multiple presentations to a group of peers each quarter. Peer groups choose between about a dozen different presentations, including "Debunking the Diet Hype" and "Strength Training for Busy Students."



Events and Environmental Strategies

HEAL interns hold several events each quarter including fundraising at local restaurants, movie screenings, and health promotion on campus. Environmental strategies, called "Snack Attack," are nights that students hand out food in Isla Vista to promote safe drinking habits.

Meetings

HEAL meetings are held Thursday evenings for two hours in the Student Health Center. In addition, each committee within HEAL meets separately once each week. Interns use this time to review recent events, discuss upcoming events, and conduct general business.

If you are interested in learning more about HEAL, you can do any of the following:

- Visit our website at www.ucsbpeerhealth.org/heal
- Search **UCSB Healthy Eating and Living** on Facebook to find our page
- Send an e-mail to shs-heal@sa.ucsb.edu

What are the requirements?

Training class and application

To become a HEAL intern, you must take **Education 191C**. The class is offered every quarter and trains students to become informed and successful HEAL interns.

You must also turn in an application the quarter before becoming an intern. No limit is set on how many quarters a student may intern but an application is due every quarter.

Internship

Once accepted into the internship, students are required to do all of the following:

- Attend every meeting
- Join a HEAL committee
- Give at least two presentations
- Complete two hours of promotion
- Complete two environmental strategies

Grading

Students must take the internship class for three Education units on a pass/no pass grading scale.