

New Peer Nutrition Counseling Program

University Health and Psychological Services
Health Promotion and Wellness Services

Thank you for your interest in becoming a Peer Nutrition Counselor (PNC.) This is the first year of our new peer education program. We are looking to recruit 6-8 students for this experience.

Requirements as a Peer Nutrition Counselor:

1. Interest in applying academic knowledge to helping students achieve better health and wellness.
2. Desire to build and improve skills in nutritional assessment, individual and group counseling, public speaking, and marketing of nutritional services.
3. Must be a Dietetics major with plans to enroll in Nutrition 156 in the fall and Nutrition 157 in the spring.
4. Able to attend a two-day training session in mid August.
5. Able to commit to three hours a week during the fall and spring semesters for meetings, trainings, and to provide services. Included in those three hours is a mandatory one-hour weekly meeting for PNC business and continuing education. Day and time to be determined prior to the fall semester.

Essential Duties of a Peer Nutrition Counselor:

1. Under the supervision of a registered dietitian, offer individual and group nutritional counseling to students.
2. Conduct outreach programs, designed to inform students and staff of nutrition and health services offered at the Health Center, and serve as a speaker on general nutrition topics.
3. Develop printed marketing and health related material for distribution and reference.
4. Serve as a resource to the University community regarding nutritional information.
5. Refer students to appropriate services as needed.
6. Work collaboratively with health center staff, program instructors, and fellow peer nutrition counselors.
7. Maintain patient confidentiality.

Please return application to: Stephanie Annett, R.D., University Health & Psychological Services, 5044 North Barton Avenue M/S HC81 , Fresno, CA 93740

stmorris@csufresno.edu

Fax: 559.278.7602

Applicants will be notified of acceptance into the program the first week of August. Students will be eligible to earn 1 unit of academic credit in Nutrition 193/supervised work experience per semester.

Peer Nutrition Counselor Program Application Form
University Health and Psychological Services-Health Promotion and Wellness Services

Name _____

Student ID Number _____

Phone Number _____ Cell Phone Number _____

Email _____

Major _____

Please answer the following questions to the best of your ability.

1. Why do you want to be a Peer Nutrition Counselor?

2. What do you hope to get out of this experience?

3. What can you bring to the Peer Nutrition Counseling Program?

4. Describe your skills/capabilities or other experiences?