Wentworth Institute of Technology  
Office of Wellness Education  
Internship Position

**Agency Name:** Wentworth Institute of Technology, Office of Wellness Education

**Agency Address, Website:** 550 Huntington Ave. Boston, MA 02115.  
http://www.wit.edu/wellness

**Agency Description/Mission Statement:**  
Wentworth Institute of Technology is an independent, coeducational college offering bachelor’s degrees in the fields of architecture, computer science, construction, design, engineering, engineering technology, environmental science, and management.

The mission of the Office of Wellness Education, at Wentworth Institute of Technology, is to encourage students to make healthy and responsible lifestyle choices to enhance personal success and growth. By providing current, objective health and wellness information the office informs the decision making of students. The office offers information and consultation to educate the Wentworth community about issues surrounding physical and mental health, especially through healthy decision-making and positive, proactive habits. Wellness Education staff are available to consult with individual students seeking information on a variety of health and wellness topics including alcohol, drugs, sexual assault, eating disorders, and stress management to name a few. The office also sponsors events related to these topics throughout the year.

**Practicum Description:**  
The practicum student will have opportunities to create and implement programming on campus with the purpose of increasing awareness on a variety of issues including but not limited to alcohol harm reduction, tobacco, sexual assault, sexuality, eating disorders, relationships, stress management, and HIV/AIDS prevention.

**Scope of Work:**  
Duties and Responsibilities (flexible based on interest):

1. Assist in planning, implementing and evaluation of health promotion and education outreach events and activities, including:
   - Campus wide awareness events – including National Collegiate Alcohol Awareness Week, the Great American Smokeout, World AIDS Day
   - Collaborate with departments across the Wentworth campus to present awareness/wellness education to student groups, classes, clubs and residents as needed and/or requested.
   - Marketing programs to the campus community.
   - Conducting evaluations on the effectiveness of programs and student health status.
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2. Assist in alcohol prevention and intervention efforts  
   - Assist in the facilitation and assessment of ADAPT, an alcohol education class presented to students given a mandated judicial sanction for violating Wentworth’s alcohol policy. The class is taught 2x/month and as needed.  
   - Assist in the coordination of Alcoholedu, and online alcohol education program required by all first year students.  
   - Assist with conducting individual alcohol education sessions to provide additional harm reduction strategies to students who have violated campus alcohol and drug policies.

3. PEAK (Peer Educators Advancing Knowledge)  
   Wentworth PEAK members are a select group of student leaders who are responsible for promoting awareness, providing educational outreach, and serving as an accessible health resource for fellow students. PEAK plans programs for alcohol awareness week, safe spring break week, and coordinates wellness breaks for students during final exam periods.  
   - Assist in the advisement and ongoing training of the Peer Educators  
   - Help with campus programming sponsored by PEAK

4. Conduct literature reviews on assigned health topics

5. Additional duties as assigned.

**Minimum Requirements, Preferred Experience, Skills, and Interests**

- Interest in college health and wellness  
- Interest in health education/health promotion  
- Experience with programming and presenting to small and large groups.  
- Ability to perform multiple tasks independently  
- Flexibility, professionalism and creativity are all a must.

**Estimated number of days/hours:** 6-12 hours per week (evening hours available)

**Time Period:** October 2010-May 2011

**To apply:**  
Send cover letter and resume to Beth Farrow, MPH, CHES, Coordinator of Wellness Education at farrowb@wit.edu.

**For more information:**  
Please contact Beth Farrow at 617-989-4197 or farrowb@wit.edu.