

Please mark the classes you have completed:

<b>#1: Choose 5 classes from below (Please provide an unofficial transcript to show completion of courses.)</b>		
<input type="checkbox"/>	1	PH 2- Case Studies Public Health
<input type="checkbox"/>	2	PSY SCI 103H Health Psychology
<input type="checkbox"/>	3	PH 10 Stress Management Essentials
<input type="checkbox"/>	4	PH 147 Drug Abuse and Prevention
<input type="checkbox"/>	5	PSY SCI 164C Addiction
<input type="checkbox"/>	6	PSY SCI 184S Positive Psychology
<input type="checkbox"/>	7	PSY SCI 118D Human Sexuality
<input type="checkbox"/>	8	PSY SCI 177S Psychology and Emotion
<input type="checkbox"/>	9	PH 125 Foundations of Community Health
<input type="checkbox"/>	10	PH 146 Health Promotion Programs
<input type="checkbox"/>	11	PH 148 Public Health and Communication
<input type="checkbox"/>	12	PH 150 Public Health and Wellness
<input type="checkbox"/>	13	SOCIO 143 Social Networks and Social Support
<input type="checkbox"/>	14	PH/SOCIO 159 Special Topics
<input type="checkbox"/>	15	PSY SCI 137H Human Stress
<input type="checkbox"/>	16	SOC 64 Sociology of Sexuality
<input type="checkbox"/>	17	Dance 3 Health Beliefs
<input type="checkbox"/>	18	PH 80 AIDS Fundamentals

**Part #2: Mandatory Workshops (must have workshops signed off by facilitator)**

<b>Mandatory Workshops:</b>		<b>Facilitator Signature</b>
<input type="checkbox"/>	Behind Happy Faces (3 hours, Four 45 minute modules)	
<input type="checkbox"/>	Step-Up Bystander (90 minutes)	

**Part #3: Choose three workshops from below (must have workshops signed off by facilitator)**

	<b>Workshops</b>	<b>Facilitator Signature</b>
<input type="checkbox"/>	Mental Health (1 hour)	
<input type="checkbox"/>	Stress Management/Self Care (1 hour)	

<input type="checkbox"/>	Introduction to Mindfulness (1 hour)	
<input type="checkbox"/>	Resiliency (1 hour)	
<input type="checkbox"/>	Time Management (1 hour)	
<input type="checkbox"/>	Sexual Health (1 hour)	
<input type="checkbox"/>	Healthy Relationships (1 hour)	
<input type="checkbox"/>	HIV/AIDS 101 (1 hour)	
<input type="checkbox"/>	Sex & Communication 101 (1 hour)	
<input type="checkbox"/>	Love Jeopardy (1 hour)	
<input type="checkbox"/>	General Nutrition (1 hour)	
<input type="checkbox"/>	Healthy Eating on a Budget (1 hour)	
<input type="checkbox"/>	Eating for Energy (1 hour)	
<input type="checkbox"/>	Prescription Drugs 101 (1 hr.)	
<input type="checkbox"/>	Cannabis 101 (1 hour)	
<input type="checkbox"/>	Alcohol/Cannabis Awareness (1 hour)	
<input type="checkbox"/>	Alcohol Awareness (1 hour)	
<input type="checkbox"/>	Body Image (1 hour)	

**CSWHP (must have hours signed off by staff member with a short description of their experience)**

<input type="checkbox"/>	4 hours	<b>Staff Signature:</b> _____
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**Evaluation and Award:**

In order to receive a certification of completion for the College Population Health & Wellness program, the participant must submit a file with the following information completed:		
<input type="checkbox"/>	1	Form with classes completed – information from transcript (not official)
<input type="checkbox"/>	2	Form with workshops completed – with signatures of workshop instructors
<input type="checkbox"/>	3	Form with shadowing completed – with signature of instructor
<input type="checkbox"/>	4	Electronic files need to be submitted any time before May 15 (location for file submission will be announced)
<input type="checkbox"/>	5	Exit interview must be completed before certification is awarded
<input type="checkbox"/>	6	The certificate will be awarded during the end-of-the-year public health ceremony

**Certificate of Completion of the “College Population Health Promotion and Wellness” programs is offered through a collaboration of the Department of Population Health and Disease Prevention.**

**Programs in Public Health, Susan and Henry Samueli College of Health Sciences, and the UCI Center for Student Wellness and Health Promotion.**