**Student Health Services**

**Wellness Ambassadors Application**

**Please answer all of the questions completely and honestly.  
Name: Banner ID:**

**Local/campus phone #:**   **Home phone#:**

**Local/Campus address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_

**E-Mail address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **School classification:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Major:** \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ **Minor:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Anticipated month and year of graduation (mm/yy):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Are you currently in good academic standing? Yes  No**

**How many credits will you take in the Fall semester** \_\_\_\_\_**? Spring semester:** \_\_\_

**What is your current GPA in your major field?** \_\_\_\_\_ **Overall:** \_\_ \_\_\_

**If you have a job, how many hours do you normally work?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Can you commit at least 5 hours a week to volunteer as with WA? Yes  No**

**If no how many hours can you commit?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please list any extracurricular activities in which you currently or planning to participate:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_

**What other activities have you been involved in at the University?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**What subject areas are you interest in? (Please check all that apply)**

**Physical Fitness/Exercise**

**Nutrition/ Healthy Eating**

**Sexual Assault Prevention**

**Chronic Disease Prevention (Diabetes, High Blood Pressure, Cholesterol)**

**Sexually Transmitted Infections**

**Alcohol and Drug**

**Tobacco**

**Other** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please respond to the following questions and statements.**

**1. Why is becoming a Wellness Ambassador important to you?**  \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_

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**2. How is health and wellness an aspect of your everyday life?**  \_\_\_\_\_

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**3. What strengths and skills do you possess that you feel would contribute to your success in this leadership position?**  \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_

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**4. Describe any experience you have speaking in front of groups or your peers?**  \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_

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**5. What do you believe will compel other students to make healthier, more responsible decisions?**

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**6. What are three program ideas you have for the subject areas you are interested in?**

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**7. Why are wellness and healthy lifestyle habits important aspects of a college student’s life?**

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**8. How would your academic major contribute to being a Wellness Ambassador?**  \_\_\_\_\_\_\_ \_\_\_\_\_

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