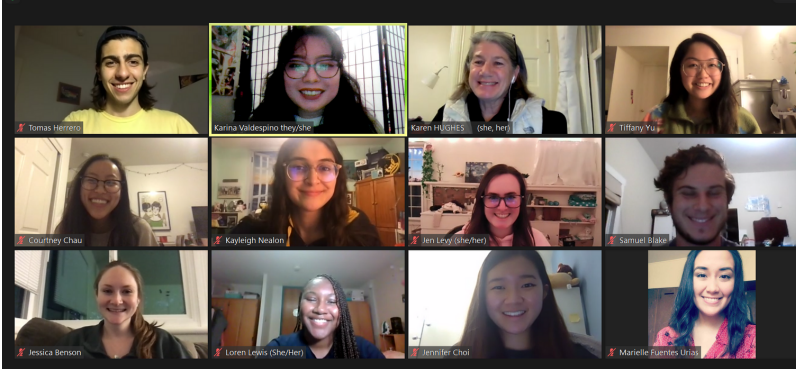


October flew by because we were having a lot of fun engaging, educating and empowering our peers! We settled into our routines and saw the impacts of our work!

Recruitment and Training

- Shout out to our amazing Student Coordinator Team and their grand help this fall!
- 
- Along with Karen Hughes, these seven Res Hall and three Greek Coordinators plan & administer the program and g train and mentor the Health Workers.
 - PH197 guest speakers included:
 - Robin Walley LCSW, UHS Alcohol and Other Drug Specialist
 - Dr David Presti, PhD Dept of Molecular and Cellular Biology Professor
 - Dr. Kristi Panik MD, UHS Psychiatry Director
 - Poojan Karnik, SHEP Health Educator

Spotlight: Use a Free Tang Resource

- Every month, HWs personally use a free UHS or other campus wellness resource to help them better describe it in detail and refer it to others.

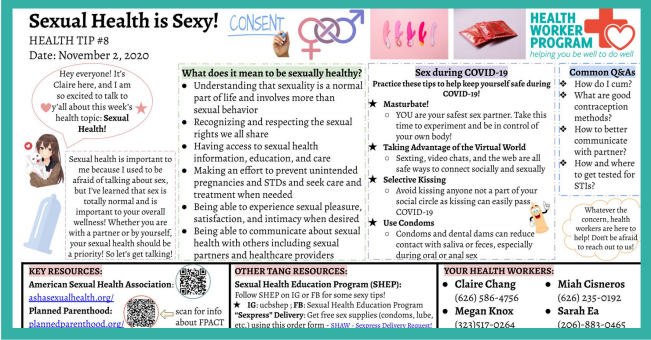
"I've already had a couple health workers stop by drop in nutrition counseling - great job encouraging them to try out services!" - UHS Staff

"I was able to learn a lot about internship & job opportunities I was not aware about before" -Unit 8 HW

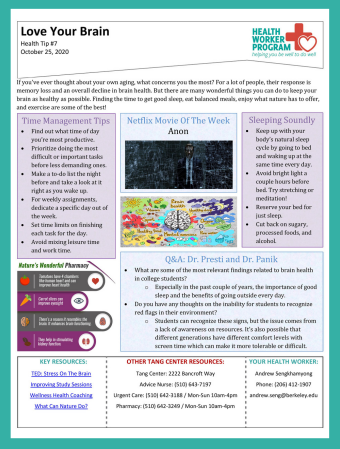

Popular this Month:

- Student Learning Center Drop-In Services and Study Groups
- Career Center and Career Counseling
- Drop-In Nutrition Counseling
- UHS Advice Nurse

Community-Wide Education

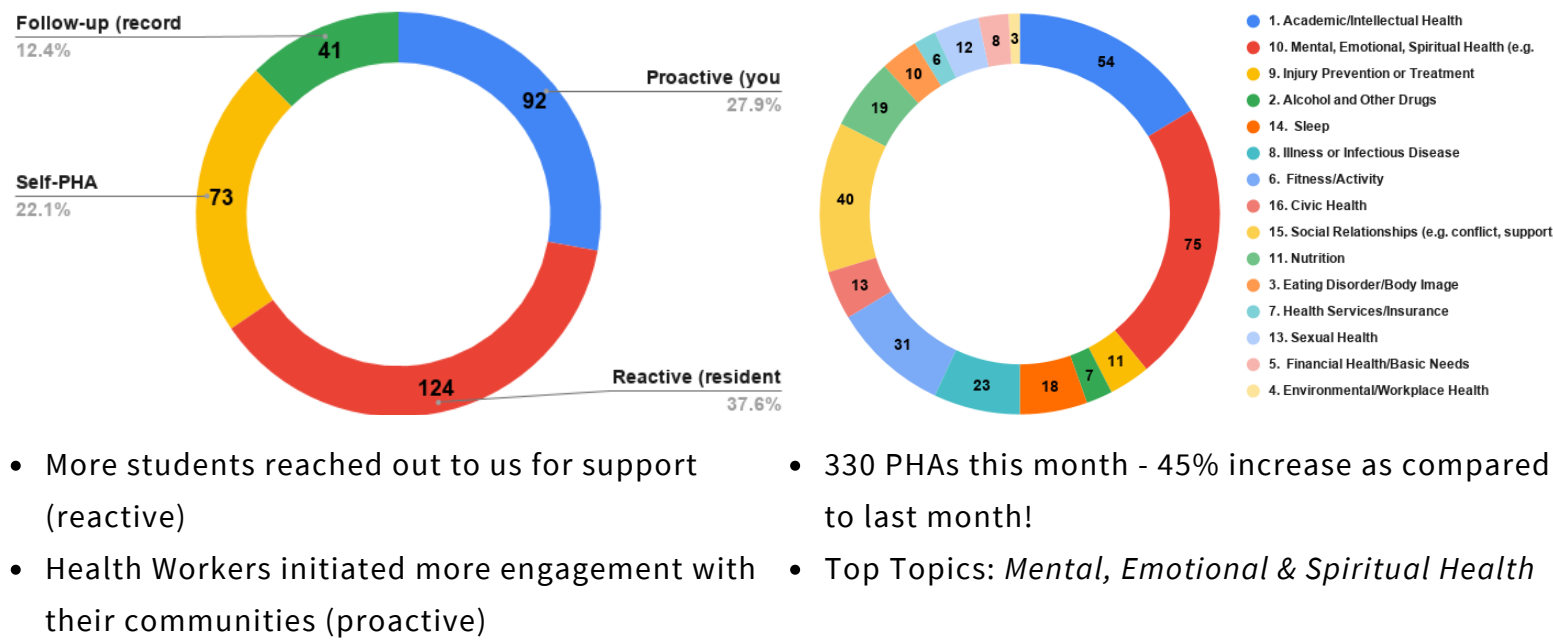
- Health Tips: weekly fliers on pertinent college health issues and resources. October topics included:
 - Social Health and Relationships
 - Alcohol and Other Drugs
 - Brain Health
 - Sexual Health
 - Social Media: Health Workers' tips and experiences featured on the Be Well Cal Instagram.
- 

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Peer Health Advising (PHA)



Successes

- Though fully remote, Health Workers still found ways to support and appreciate each other.
- HT LIVE cross-unit teams brought new levels of personality, passion, planning to their presentations! Recordings online
- HW Performance Review and Planning - the experience of reflecting on previous period’s goals and performance helped both Coords and HWs re-center and re-energize for the rest of semester.

Challenges

- Updating “Real” Bulletin Boards while we’re remote. Here’s what we provided for our partners to print and post in October.
- Our “Socially Distanced” Tea Party for HWs in Berkeley was thrown for a loop when Memorial Glade was surrounded by caution tape!
- Staff turnover among our residential partners is hard on both sides.