

Lafene Health Center

Student Opportunities

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.
~ Scott Adams

785.532.6544

KANSAS STATE UNIVERSITY

Lafene Health Center

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LHC HP 09/2011

Healthful & Safe College Life EDCEP 103



www.dce.k-state.edu/courses/collegelife

- Online course offered January, March, June, August, October
- 3 credit hours / 8 weeks
- Approved K-State 8 or UGE credit
- Topics include:
 - Injury Prevention
 - Nutrition/Fitness
 - Stress Reduction/Mental Health
 - Alcohol/Drugs/Tobacco
 - Sexual Health
 - Illness Prevention

Enroll: Search iSIS—Course Subject EDCEP; Course Number 103



Students may receive timely health tips and support by joining one or all of the available listservs. Email a request to healthy@k-state.edu and specify which listserv you would like to join!

- **healthyKSU**: general health care tips for K-State students
- **getair**: seasonal health care tips for students with asthma
- **kiss**: (K-Staters Inspired to Stop Smoking) provides health tips and techniques to stop using tobacco

First Aid & CPR Courses—Easy as 1, 2, 3

- Part 1: American Heart Association online training (go to www.onlineaha.org to sign up)
 - Part 2: Hands-on skills practice at Lafene*
 - Part 3: Skills test at Lafene*
- *Note: Parts 2 & 3 will take place during the same 60 minute appointment.

www.k-state.edu/lafene/cpr.htm
healthy@ksu.edu
785.532.6595

Call or email for information or appointment.





Sexual Health Awareness Peer Educators (SHAPE) members serve K-State students through support from Lafene Health Center. SHAPE's mission is to:

- maintain or improve the health of K-State students.
- decrease the incidence of sexually transmitted diseases.
- reduce risk-taking behaviors.

SHAPE members:

- provide information about sexually transmitted diseases (STD's).
- provide programs that address sexual health and alcohol/drug use issues.
- inform about health services available to K-State students.
- strive to meet students' needs by encouraging discussion surrounding issues of sexuality relating to cultural backgrounds and beliefs.

The SHAPE candidates are expected to:

- apply to the program. Applications available online and accepted April and November for the following semester.
- be interviewed and receive instructor permission to enroll.
- enroll in EDCEP 312 Guidance for the Paraprofessional (3 UGE credit hours).
- attend all class meetings:
Tu/Th 2:30-3:45 pm.
- present programs to campus organizations and living groups.

For more info about SHAPE:

www.k-state.edu/lafene/SHAPE
shape@k-state.edu
785.532.6595



Student Health Advisory Committee (SHAC) exists to ensure that quality health care is provided for the students of Kansas State University. Members meet at least biweekly throughout the fall and spring semesters to:

- advise the Directors of Lafene Health Center and Counseling Services about student health care needs.
- assist the Directors in setting priorities that have the interest of the students in mind.
- support the health care staff in their development of services for fee-paying students.
- review annually the budgets of Lafene Health Center and Counseling Services.
- evaluate the health services provided with respect to fees assessed and financial constraints.
- promote health care and the services offered.
- communicate and cooperate with the Student Governing Association regarding issues of student health care on campus.

Each spring, SHAC accepts applications from interested students to serve a two-year term on the committee. Individuals from all majors are encouraged to apply. The primary requirement for membership is a high level of interest in the effectiveness of student health services. Applications are available on the website.

For more information about SHAC:

www.k-state.edu/lafene/SHAC
shac@k-state.edu
785.532.6595



SNAC is a student peer education group focused on educating the university community about healthy eating strategies and body image.

SNAC's mission is to:

- reduce the prevalence of harmful eating attitudes and negative body image.
- provide information on healthy eating and body image choices.
- raise understanding of eating disorders as a complex medical and social problem.
- offer resources and support to those at risk within the university setting.

SNAC Peer Educators are expected to:

- attend the bi-weekly meetings.
- give at least one presentation a semester.
- help develop educational materials for residence halls, Greek houses, and other campus or community groups.
- represent SNAC in a professional manner at all times.
- participate in Eating Disorders Awareness Week (last week of February) and other SNAC activities on campus.

The SNAC candidate must:

- be currently enrolled as a full or part-time K-State student.
- possess effective time management and communication skills.
- be able to maintain strict confidentiality and exhibit professional attitude.
- commit at least 2 consecutive semesters involvement.

Active recruitment occurs at the beginning of the Fall semester. Applications are available on the website.

For more information about SNAC:

www.k-state.edu/lafene/SNAC
snac@k-state.edu
785.532.6595

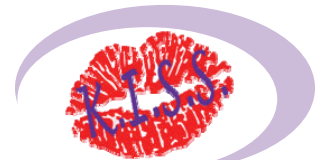


Student Employment

Employment opportunities exist for students at Lafene. Applications are available at:

www.k-state.edu/lafene/std_applic.htm

Lafene is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap or other non-merit reasons, in admissions, educational programs or activities and employment, required by applicable laws and regulations.



K-Staters Inspired to Stop Smoking (KISS) is available through Lafene Health Center to provide support for K-State students, faculty, and staff that would like to stop smoking or using tobacco.

Assistance is provided (free of charge to students) through:

- individual or group sessions
- e-mail/phone support
- information via the KISS-L listserv

Consultations are scheduled on an individual basis.

For more information about KISS:

www.k-state.edu/lafene/KISS
kiss@k-state.edu
785.532.6595