

CATHERINE CHRISTIAN

OBJECTIVES: Help promote health to the UF population through various outreach activities.

EDUCATION

2005-Present College of Health and Human Performance, University of Florida, Gainesville FL
Currently enrolled for 19 credits for Summer 2006. Specialization: Health Studies. GPA: 3.85

2000 - 2004 Santa Fe Community College, Gainesville, FL *Associate of Arts Degree*

WORK EXPERIENCE

December 2003 - August 2005

Santa Fe Community College, Student Health Care Center; Gainesville, FL

Student Health Educator

Responsibilities include:

- Develop classroom health related lectures and presenting the lectures.
- Organizing health related events, table experiences across campus, and other experiences.
- Direct student volunteers who participate in events.
- Advise students on health topics and issues.

SUMMARY OF SKILLS AND CREATIONS

I have written several Power Point presentations covering a wide range of health topics in varying depths. The topic include:

- Nutrition guidelines and exercise importance
- Keys to reducing stress
- Ways of maneuvering to avoid stress
- Tips for managing your time
- Tobacco use/abuse
- Alcohol use/abuse
- Illicit drug use/abuse
- Sexuality and STDs

I have given these presentations to quit a few classes at Santa Fe Community College and received positive feed back from each one.

I have created several pamphlets covering Hypertension, Eating Disorders, General Nutrition Information, and Healthy Recipes.

COMPUTER SKILLS

Microsoft Power Point, Microsoft Excel, Microsoft Word, Microsoft Publisher

References available upon request