

## WHO I AM



### ASHLYN VARGAS

- Public Health Graduate Student at San Jose State University
- Intern with Health Promotion Practice Journal
- Health Education Assistant at Kaiser Permanente Health Education
- PH 165 Teacher's Assistant



# Health Promotion Practice (HPP) Journal

Student: Ashlyn Vargas  
Preceptor: Kathleen Roe, DrPH, MPH  
SJSU MPH Program, Fall 2020

## KATHLEEN M. ROE, DRPH, MPH

### EDITOR-IN-CHIEF

Since 1998, Dr. Kathleen Roe has been the Editor-in-Chief of HPP. She is also the preceptor for HPP's interns. She was a Professor of Public Health and Community Health Education at San Jose State University from 1986-2020.



## FIELDWORK GOALS

- Participate in Journal Production and Strategic Planning
- Promote HPP on Social Media
- Maintain and update materials on HPP Interns Shared Drive
- Curate reading lists for an SJSU course

## SETTING DESCRIPTION

- Expected to work independently and to meet weekly with the preceptor to discuss projects toward objectives via Zoom, e-mail, and text

## AHA'S

- Developed an understanding of HPP content
- Enhanced Canva skills by creating HPP Snapshots, Zoom Fatigue Tip Sheet, Colorblind Design Tip Sheet, and two live videos about HPP content and PH 165
- Collaborated with the internship team 100% virtually
- Acknowledged that Social media takes time and effort
- Appreciated that Dr. Roe is engaging, enthusiastic, welcoming, and positive!

## CHALLENGES

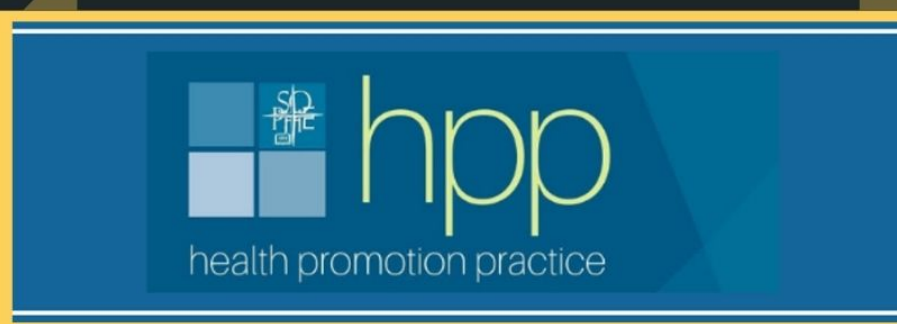
- Finding a balance of work, school, internship, and personal life
- Feeling a fatigued by constant Zoom/Computer
- Overwhelming at times when navigating through HPP website

## COMMUNITY HEALTH PROMOTION

- Utilized Olmosk's Strategies of Information
- Applied Spectrum of Prevention
  - Fostering Coalitions & Networks:
    - HPP is a part of SOPHE (Society for Public Health Education) and Dr. Roe and the HPP team consistently must communicate with them and with various authors and other organizations.
  - Promoting Community Education:
    - HPP promotes articles regarding health education, health promotion, and other related important research studies

### HPP INTERNS

Interns have the freedom to create their own content to reflect HPP's mission and goals.



## UNEXPECTED OPPORTUNITIES

- Worked on the "Seedlings" project, which connects authors across cohorts and creates a space for the stories to be remembered again
- Recorded and read stories without knowing its impact on one's emotional and mental state
- Recognized that this projects allows one to be vulnerable, to accept oneself, and to understand forgiveness
- Realized and accepted that the "Seedlings" project is a form of healing through stories of reflection



### PILOT PROJECT

This is a pilot project to support student and community engagement with HPP articles and authors.

## SNAPSHOTS

- Developed HPP Snapshots, which are one-page documents that invite students and staff to read HPP articles
- Engaged students with snapshots to find article's keywords, abstracts, and facts

## PH 165 READING LIST

- Curated reading lists of articles on a specific topic or for a SJSU course
- Expanded a reading list specifically for Professor Kevin Roe's undergraduate class, PH 165 The Health Professional
- Shared articles for the students to read and learn

## OUTCOME OF PH 165

- Conducted a focus group for the PH 165 students regarding how they felt about the HPP Supplemental Content.
- Discovered the students enjoyed the products the internship created!