

**Eta Sigma Gamma
Student Member At-Large (SMAL)
Candidate Information Form**

Name: Skye McDonald Degree(s): B.S.; M.S.

Position: Graduate Assistant

Department: Health Promotion and Education at the University of Cincinnati

Address: 344 CR 208

City, State, Zip: Bay City, TX 77414

Phone: (979)216-7244

Fax: _____

Email: mcdonask@mail.uc.edu

Work experience (# years): Student Worker in the Department of Health and Kinesiology at Texas A&M University (3.5 years); Graduate Teaching Assistant with the Department of Health and Kinesiology at Texas A&M University (2 years)

1. Please describe your interest in ESG and being on the Board of Directors.

Eta Sigma Gamma interests me because it provides a platform for health educators around the nation to connect. It allows them to come together with a common goal to promote the field of Health Education by providing opportunities for Gammans to grow and develop as Health Educators. The four pillars of Teaching, Service, Research and Advocacy create different avenues for Gammans to promote the profession and I am eager to continue to explore ways to develop within the organization. ESG has provided me unique opportunities to grow both personally and professionally during my Master's program. Unfortunately, I changed my major late in my undergraduate career so I was unable to join ESG before graduating with my Bachelor's. Listening to my classmates talk about the impact ESG had on them, I knew I need to get involved as soon as I could. At the start of my Master's program, I sought out ways to be involved in the Alpha Pi chapter at Texas A&M University. As a Master's student, I was able to take on more of a mentor role and work one on one with the undergraduate officers to reshape the future of the chapter. Personally, I was able to develop my leadership, listening and communication skills while working with the undergraduate students. As we worked to improve our local chapter and provide opportunities for members to grow as professionals while embodying the four pillars ESG stands for, I had to provide a listening ear, communicate my opinion in a way that did not diminish anyone else's, and serve as a mediator when needed. Professionally, I was able to explore different facets of the profession. Through my experiences with ESG, my decision to pursue a Ph.D. was reaffirmed and I am excited to enter a career in academia where I can shape the future generation of health educators while continuing to promote the values ESG stands for.

To further my involvement with ESG, I am interested in joining the Board of Directors. I believe the Student-Member-At-Large position will allow me to continue to grow as a professional while helping to transition ESG into the next generation. This organization has done so much in the last 50 years and I want to be a part of the start of the next 50 years. At the annual meeting, there was talk of ways to make ESG chapters around the nation more connected

as well as create a platform for chapters to share projects and events implemented on their campuses. I think that this is a great next step for ESG and would be honored to be a part of making ESG more connected. After attending the annual meeting the last two years, I have heard universities present on fantastic programs they have implemented on their campuses and have even taken a few ideas back to Texas A&M to implement. By creating a platform where this can be shared, other chapters, who might not be able to attend the annual meeting, can pull this information to implement on their campus as well. As the SMAL, I can work with the rest of the board to create this platform as we move into a more technologically driven world. Additionally, ESG has already provided me with great networking opportunities. I believe serving on the Board of Directors will allow me to network more as I enter into my Ph.D. program and ultimately into the world of academia. ESG has been a big part of my life both personally and professionally and I want to be able to give back to an organization that has helped shape me into the person I am today.

2. Please describe if you have any prior experience in working with ESG/Gammans on a local (chapter) or national level.

Through my time in the Alpha Pi chapter at Texas A&M, I have had the opportunity to work on several projects with our local Gammans. Two of the more unique opportunities involved a health expo at a women's federal prison in Bryan, TX and participation in a national initiative led by Advocates for Youth titled The Great American Condom Campaign. Both of these experiences allowed me to grow as a Gamman and provide mentorship to our undergraduate Gammans.

I was fortunate enough to participate in the health expo two years in a row. This experience was unlike any other. In partnership with an office in the Department of Health and Kinesiology at Texas A&M, graduate and undergraduate Gammans were able to develop a nutrition and sexual health lesson to be delivered to the inmates of the prison. As a graduate Gamman, I helped develop the sexual health lesson and implemented it both years. Not only was I able to work with a unique population but I was also able to mentor undergraduate Gammans and watch them develop throughout the process. Their confidence grew each time they taught portions of the lesson and it was a great environment for them to practice teaching a health lesson. Additionally, the impact this health expo had on the inmates was unbelievable. Because this population is underserved, they were extremely grateful that anyone, especially a group of college students, would take a Saturday to come to the prison and implement a health expo. This experience reaffirmed my desire to educate people from all backgrounds and exemplified the importance of creating projects that target all four pillars of ESG. I believe the uniqueness of this experiences will allow me to bring a different perspective to the position of SMAL that I can share with other ESG chapters.

The Great American Condom Campaign was an opportunity our chapter sought out through Advocates for Youth. By bringing a national initiative to our campus, we were able to push our Gammans out of their comfort zone and implement a sexual health event on a conservative Texas campus while embodying the pillars of teaching and research. Our chapter exceeded my expectations in the planning and implementation of this event. We implemented the event at four locations on campus with a different activity at each location to attract students. Condoms were handed out as well as information regarding proper condom application. As a graduate member, I was in charge of one of the stations to ensure that the event ran smoothly. The members I worked with represented everything ESG stands for and went above and beyond to educating their fellow students on proper condom application. Initiatives, like The Great American Condom Campaign, are great for university chapters and, as the SMAL, I can share these opportunities with other chapters.

3. Can you demonstrate evidence of leadership in your work or extracurricular activities?

I have been afforded the opportunity to serve in several leadership roles. I think the one that has shaped me the most is working as a senior student worker in Texas A&M's Department of Health and Kinesiology Academic Advising office. I have had the opportunity to work in this office for four years and, as an office that sees a lot of turnover, I have been working in the office longer than all but one advisor. Because of the turnover rate, I am able to serve as a resource person to new advisors as they navigate the interworking of the office. In this role, I am in charge of preparing all the paperwork for our New Student Conferences, training new student workers, and completing various projects assigned to me by advisors. This position has allowed me to grow as a leader and develop professional skills that have been beneficial through my graduate career and I plan to carry with me as I start my Ph.D. program. I have been able to improve my organizational skills through this job and have learned the qualities necessary to be an effective leader. To me, an effective leader is someone who leads by example. As a senior student worker, I must hold myself to a higher standard to ensure I am setting a good example for the other student workers. I also pride myself in my work ethic and strive to encourage those around me to take pride in their work ethic as well. I understand the responsibility I hold as a senior student worker and focus on getting the job done as quickly and efficiently as possible. Holding myself to a higher standard and having a good work ethic are two qualities that I believe will be important if selected as the SMAL. As a member of ESG Board, I will need to set an example for student Gammans and work hard to fulfill my duties as a board member.

4. The SMAL candidate is required to serve a two-year term. As the SMAL, you are to commit at least 10 hours per month to participate on conference calls with other ESG Board members (average 10/year; 1-2 hours per meeting), edit and publish two issues annually of *The Vision* newsletter, coordinate the ESG Student Poster Session for the Annual Meeting, and attend the annual board meetings (one professional conference and one board meeting associated with the national SOPHE conference). Expenses are paid for the SMAL to participate in these events, but it is expected that he/she be at meetings. Explain if you will be able to do this.

I am confident I will be able to fulfill the duties of the SMAL. Before applying for this position, I had an extensive conversation with my advisor to ensure this position would coincide with my time in my Ph.D. program in a way that would allow me to be fully engaged in both this position as well as my studies without interference. As a past SMAL, my advisor understands the commitments this position entails and will support me during my time as the SMAL should I be selected. Additionally, I attended the same university as the current SMAL and have been able to watch her navigate her duties throughout the last two years. I have worked throughout my master's program to improve my time management skills and feel I will easily be able to work conference calls into my schedule. In regards to *The Vision*, I am eager to have the opportunity to compile a newsletter for ESG and feel confident I will be able to complete this task. I am intrigued by the newsletter and look forward to learning more about other ESG chapters through the process of editing it. This past year, I had the opportunity to serve on the abstract review committee for the ESG Annual Meeting and was able to see the process for selecting posters and presentations for the Annual Meeting. This experience will help me during the coordination of the ESG Student Poster Session for the Annual Meeting. I have also attended SOPHE and the ESG Annual Meeting the past two years. I plan on attending this year's annual meeting regardless of my selection for this position.

5. Do you have experience serving on boards? If so, please explain.

As an undergraduate, I had the opportunity to serve on two boards, both of which provided professional development opportunities for me and I feel qualify me for a position on ESG's Board of Directors. For most of my time as an undergraduate, I was a member of a safe-ride program, C.A.R.P.O.O.L. (Caring Aggies R Protecting Over Our Lives) and was fortunate to serve on the executive board for two years; first as a deputy director and then as a director. On the executive board, I was tasked both years with the responsibility of planning our annual Gala. As a non-profit organization with a \$160,000 yearly operating budget, Gala was the largest fundraising event of the year and important in ensuring we were able to operate the next year. Through the process of planning two Galas, I was able to develop my time management and interpersonal skills as I sought out donations and underwriters to cover the cost of the event. In addition to planning Gala, my position on executive board involved weekly meetings and participation in discussions related to changes for the betterment of the organization. These conversations did not always go as smoothly as planned and I often found myself in a mediator position as we worked to come to a decision. I am confident that my interpersonal and mediation skills developed while serving on this board would be beneficial to ESG's Board of Directors if chosen.

I also had to opportunity to serve as a student representative for the GreenDot steering committee at Texas A&M. As part of this committee, I completed GreenDot training and provided insight to the committee on changes that should be made to make the training more marketable to students. Through this experience, I furthered my communication skills. By being exposed to people from different backgrounds, the ability to communicate effectively can make or break a board's ability to make a decision. I feel I had even more pressure on me to effectively communicate because I was representing what was in the best interest for students at A&M in terms of GreenDot training. As the SMAL, I will be the voice of the student members of ESG and can use the communication skills I gained from serving on this committee to voice what is in the best interest for student Gammans.

6. Please describe the skills that you would bring to ESG. (Please respond to all that apply.)

Skills	Comments/Examples
High energy level	I am an extremely energetic and positive person. I chose to see the positive, as opposed to the negative, in situations. While this can be seen as a negative quality, I believe my positivity allows me to have a high energy level, which is important for a member of a board to possess. If a board member is not excited and energetic about the work they are doing then it is hard to expect members of the organization to be excited and energetic. ESG is my passion and I hope to be able to bring my high energy level to the position of SMAL.
Discipline	As I have continued through my academic career, I have become a more disciplined person. As my free time decreased and my other responsibilities increased, I have had to become more conscious of how I spend my time and stay focused on the tasks I have at hand. I can utilize this skill as I navigate the responsibility of being the SMAL and completing my Ph.D. studies.
Communication and interpersonal skills	Being able to communicate effectively and get along with others are important qualities for a board member to have. I possess both of these qualities and detailed instances that have helped me develop these skills above. I am confident that I can bring these qualities to ESG and Board meetings.
Experience with ESG or other honor societies	The experiences discussed above helped me build my passion for this organization and I want to help ESG continue to grow. As I move to a new university and join a new chapter of ESG, I believe I will be able to use my experiences with both chapters to help shape other ESG chapters and expand the reach ESG has.
Experience in organizational work	As a member of C.A.R.P.O.O.L., I was able to experience the interworking of a non-profit organization. I helped the organization grow and develop to meet the changes on campus and in society. As mentioned previously, I also had the opportunity to serve on a Board of Directors with this organization and I believe that I can bring skills acquired during this experience to ESG and the Board.
Positive teamwork experience	Working in a team can have its ups and downs. Through group projects and organizations I have been a part of, I have seen my fair share of positive and negative teamwork experiences. Each experience has allowed me to develop as a team member, differentiate between qualities that make a teamwork experience positive or negative and learn to work through problems. I believe I have developed qualities that will help me add to a positive teamwork experience as a member of the Board of Directors.
Problem-solving and decision-making skills	Through my time in ESG as well as working in the advising office, I have had to develop my ability to problem-solve and make decisions. When I am presented with a problem, I believe

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	<p>it is important to gather all the information regarding the problem and use that information to come to a solution with the greatest benefit. For an organization like ESG, it is important to have the best interest of the organization at the forefront of all decisions. I can use my decision-making skills acquired during my time in C.A.R.P.O.O.L. to help ensure decisions are being made in the best interest of the organization.</p>
<p>Time management and organizational skills</p>	<p>I continue to improve my time management and organizational skills on a daily basis. I have learned to manage my time by taking one task at a time, starting with the one that needs to be done first. I also believe I am a very organized person. I utilize a planner and color-code everything to keep my tasks organized. I believe this mindset will help me as I work through the duties of this position.</p>
<p>Record of responsibility</p>	<p>As a member of the Board of Directors, I understand that I will have certain responsibilities and duties assigned to me. I believe in being held accountable for your actions and will ensure that I am completing every duty assigned to me as the SMAL on time.</p>
<p>Working with diverse groups</p>	<p>As I have continued down the road to become a health educator, I have been exposed to diverse groups. I have had the opportunity to teach sexual health to both female inmates in a local prison and students with intellectual and developmental disabilities. Additionally, through my time in ESG, I have met members of the organization from a variety of backgrounds and am intrigued to learn more about where they come from. As the SMAL, I can use these experiences to encourage other ESG chapters to seek out diverse populations when planning programs and events.</p>
<p>Other</p>	