

Rachel Boveja, Ph.D., MS

Adjunct Professor

Indiana University - Bloomington, School of Public Health

1. Please describe your interest in Eta Sigma Gamma and becoming a member on the National Board of Directors.

I am invested in continuing the work of our organization and I have been searching for an opportunity to continue my membership now that I am no longer a student. This position would give me the opportunity to use the skills I've acquired from my public health education in regards to raising awareness about Eta Sigma Gamma and health education on a national level while supporting new members and professional activities associated with ESG.

2. Describe your experience working with ESG/Gammans at a local (chapter) and/or at the national level.

I am a former President and Treasurer of the Indiana University-Bloomington Nu chapter of Eta Sigma Gamma. In my tenure, we raised funds which increased our bottom line at the end of the year. We created new partnerships with community members and worked together to provide essential health education to the larger university. While my leadership in the chapter ended after one year because of the need to focus on my doctoral studies, I remained an active member in the organization by volunteering for events and raising awareness about our causes, as well as serving as a reviewer for the ESG monograph.

3. How have you exhibited leadership in your work or extracurricular activities?

Currently, I am an adjunct professor of Public Health at Indiana University and a cultural health consultant focusing on cultural and refugee health education in the D.C. area. I have further raised awareness about health education in my leadership positions with the FBI Citizen's Academy, in foreign policy groups and by continuing my professional development by renewing my wellness coaching certifications. I am also a former two-term AmeriCorps member and served as the Wellness Manager for Girls, Inc in that role.

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

My experience serving on boards includes the Bloomington Refugee Support Network in Bloomington, Indiana as the health and medicine liaison and as the health and medical consultant for 2M corporation in New York. I also have a Non-profit Board certification acquired from the City of Bloomington in 2011, which trains community members on the nuances of being a board member.

5. The PMAL candidate is required to serve a two-year term. As the PMAL, you will 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), review applications for chapter awards, and plan conference sessions for the annual ESG national meeting, attend the annual board meetings (one professional conference and one board meeting associated with the national SOPHE conference), and other duties as needed from the National Office. Explain if you will be able to do this.

As I submit this application, I can be available for the two-year term as well as monthly for the national responsibilities associated with his position. I reside in Alexandria, Virginia, but when allowed (after the pandemic), I am also free to travel, as needed.

**Describe the skills that you would bring to ESG National Board of Directors.
(Please respond to all that apply.)**

1. High energy level

I am enthusiastic and passionate about my work. I always have a positive attitude and work well with orders.

2. Discipline

I am organized and work well in independent positions while also collaborating with the larger team.

3. Communication and interpersonal skills

I enjoy meeting new people and have skills in mediation, coaching and conflict management.

4. Experience with ESG or other honor societies

I am a former student member of ESG. Professionally, I am a current member of the FBI Citizen's Academy, Young Professionals in Foreign Policy, the Women's Foreign Policy Group, and Women of Color Advancing Peace and Security.

5. Experience in organizational work

I am highly organized and work well with others to provide clear guidelines for organizing projects, deadlines and events.

6. Positive teamwork experience

I am always open for communication and frequently meet with colleagues to discuss needs and concerns related to the job. I am often the wellness coach for my teams to help bring stress relieving activities and provide safe spaces to learn, share and grow.

7. Problem-solving and decision-making skills

I have been in leadership positions where I was the decision maker in ESG and in the Bloomington Refugee Support Network. I own a business where final decisions come down to me. I am also a certified mediator and wellness coach, both which have provided me essential tools for problem-solving.

8. Time management and organizational skills

As an owner of a small business, as adjunct faculty and member of different organizations; time management is essential to my work to ensure none of endeavors suffer at the hands of the other activities.

9. Record of responsibility

I have a record of responsibility and civility that is highlighted in my acceptance into and work with the FBI Citizen's Academy.

10. Working with diverse groups

I was raised in a multicultural family and identify as multiracial. This has stemmed my passion for multicultural studies and groups. I have further worked successfully with diverse groups relating to race, sexual orientation, and perspective throughout my professional roles, extracurricular activities, interacting with students and in health promotion with various cultural populations.

11. Other

I am eager to learn more about this position and I am excited at the possibility to contribute to this team. I consider myself a professional and a life long student in that I am open to learning new skills and using those skills to help with this position.

Rachel Boveja, Ph.D.

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Education	Doctor of Philosophy School of Public Health Major: Health Behavior Minor: Global Studies (IU Hamilton Lugar School of Global and International Studies) <i>Dissertation: Middle Eastern and African Refugee Perceptions of Cultural Competency Among Health Professionals Providing Health Services in the United States</i> Indiana University – Bloomington, Indiana	June 2020
	Master of Science in Education School of Education, Department of Curriculum and Instruction Major: Elementary Education <i>Thesis: Benefits of a Holistic, Multicultural Education</i> Indiana University - Bloomington, Indiana	December 2014
	Bachelor of General Studies College of Arts and Sciences Major: Social and Behavioral Science Minor: Business (IU Kelley School of Business) Indiana University - Bloomington, Indiana	December 2008
Professional Experience	Indiana University School of Public Health – Bloomington, Indiana <i>Adjunct Professor (Previously - Associate Instructor 2017-2019)</i>	2017 - Present
	Brazindia LLC Owner & Wellness Coach – Cultural Wellness Consultant Company	2008 - Present
	Indiana University – Bloomington, Indiana <i>Academic Advisor – OVPDEMA 21st Century Scholars</i>	2019 - 2020
	Kelley School of Business, Institute of International Business – Bloomington, Indiana <i>Business is Global Lead Program Assistant (2018)/Mentor (2019)</i>	2018 - 2019
	Center for Innovative Teaching and Learning – Bloomington, Indiana <i>Diversity Teaching Consultant</i>	2016 - 2018
	Hudson and Holland Scholars Program - Bloomington, Indiana <i>Wellness Program Manager and Instructor</i>	2015 – 2017
	Serve Indiana, Division of DWD (State of Indiana) - Indianapolis, Indiana <i>Intern - Program Coordinator</i>	2015 – 2015
	Milestones Clinic – Bloomington, Indiana <i>Intern - Counselor/Clinician</i>	2015 – 2015
	Brooklyn Museum: Brooklyn, New York <i>Intern, Ancient Egyptian Collection, Papyrus Research & Scribe</i>	2014 - 2014
	Monroe County Community School Corporation - Bloomington, Indiana <i>School Age Care Supervisor (Childs Elementary School)</i>	2013 – 2013
	AmeriCorps - Bloomington, Indiana Department of Applied Health Science, School of Public Health, Indiana University <i>Position: Health and Wellness Coordinator</i>	2009 – 2011

Host Site: Girls, Incorporated

Additional Teaching Experience

Instructor/Facilitator

- Graduate Student Learning Community 2016 - 2018
- Topic: Intersections of Identity and Instruction
 - Teach International graduate instructors to navigate identity politics in the classroom
- Instructor Diversity October 30, 2017
- Associate Instructor identity politics workshop
- Teaching Diversity September 18, 2017
- Associate Instructor teaching diversity methods workshop
- Multicultural Wellness Seminar and Workshop Series 2015 - 2017
- Stress Management Techniques Workshop
 - Campus Diplomacy, Climate, and Culture Seminar
 - Martin Luther King Jr. Day Service Project Workshop
- Diplomacy in the Classroom Series 2017
- Diplomacy Skills workshop
- Diversity Statements 2017
- Co-facilitator
 - Teach graduate student instructors how to develop diversity statements for their classroom syllabus and job applications
- Conversations about Diversity and Teaching 2016
- Post-election guidance for graduate Associate Instructors

Course Development

Original Course: Multicultural Health Diplomacy 2018

Guest Lecturer

Indiana University-Bloomington, School of Public Health December 1, 2016
SPH-H315 Life-Span Development, Instructor: Deb Getz, Re.D
Lecture: Parenting and Families

Indiana University-Bloomington, School of Public Health June 1, 2016
SPH-B366 Community Health, Instructor: Erin Fogerty, MS
Lecture: Community Health and Minorities

Indiana University-Bloomington, School of Public Health June 9, 2016
SPH-H315 Consumer Health, Instructor: Shirley Payne, MPH
Lecture: Complementary and Alternative Medicine and Culture

Substitute Teacher

Bloomington Montessori School – Bloomington, Indiana 2014 – 2019
Hickory Classroom- Preschool, Kindergarten

Student Teacher

Bloomington Montessori School – Bloomington, Indiana 2014 - 2014
Supervising Teacher: Eve Cusack

Current Research

Evolving Identity: The psychological impact of receiving uplifting cultural heritage education on Black Americans while traveling to Africa for the purpose of learning more about their heritage. USA/Brazindia LLC

Author/Data Collector/Data Analyst 2019 - Present

Nubian Refugees: Evolution of Nubian Cultural Health & Migration in the Nile Valley Aswan, Egypt, Africa/Brazindia LLC

Author/Data Collector/Data Analyst 2017 - Present

Multicultural Health Diplomacy: A Proposed Culturally Competent Diplomacy Model for Health Professionals

Author, Athens Journal of Health and Medical Sciences March 2019

Peer-Reviewed Publications

	POD Network Conference – Montreal, Quebec, Canada	October 25-29, 2017
Peer Reviewed Presentations	<i>Supporting Diverse Graduate Student Instructors in Our Contemporary Classroom Climate</i>	
	The American School Health Association – St. Louis, Missouri	October 11-13, 2017
	<i>Assessment of a District Wellness Policy: A Coordinated School Health Approach</i>	
	Annual International Conference on Public Health - Athens, Greece	June 19-22, 2017
	<i>Multicultural Health Diplomacy</i>	
	23rd Annual Breastfeeding Conference Conference – Orlando, Florida	January 12, 2017
	<i>Breaking the generational curses: A case study of how family and culture influence breastfeeding in African-American Women</i>	
	Indiana School Health Network Conference - Indianapolis, Indiana	June 15, 2016
Peer Reviewed Posters	<i>Strategies for Implementing a Wellness Policy</i>	
	American Public Health Association Conference – Denver, Colorado	October 29-November 1, 2016
	<i>Holistic Philosophy of Scholar Success: A College Wellness Program</i>	
	<i>Lessons Learned from the Local School District Wellness Policy Implementation Process</i>	
	Indiana Public Health Week Conference- Bloomington, Indiana	April 7, 2016
	<i>Holistic Philosophy of Scholar Success: A College Wellness Program</i>	
Panels	FBI Community Summit – Bloomington, Indiana	April 9, 2021
	<i>Host & Organizer – Postponed COVID-19 from April 2020</i>	
	Women of Color Advancing peace and Security UK and Ghana	October 21, 2020
	<i>Panelist, Curricula on how colonialism (past and new forms) affects the education of the diaspora.</i>	
	Student Outreach for Refugees and Asylees – Bloomington, Indiana	March 23, 2020
	<i>Panelist, Refugee Health Education – Postponed COVID-19</i>	
	IU College of Arts and Sciences CONNECT20 – Bloomington, Indiana	February 21, 2020
	<i>Moderator, Women in Leadership Panel</i>	
	Competitive Advantage Conference – Schaumburg, Illinois	September 6-8, 2019
	<i>Panelist, Day in the Life of a Graduate Student</i>	
	Balfour Scholars – Bloomington, Indiana	October 18, 2019
	<i>Panelist, International Experiences and Studying Abroad</i>	
	Eta Sigma Gamma National Health Education Honorary	April 28, 2019
	<i>Key Note Speaker, Nu Chapter</i>	
Fellowships and Awards	U.S. Department of State Grant	2019 - 2020
	<i>Doctoral Student Recipient, International Education & Study Abroad Training for Future Faculty</i>	
	Graduate Fellowship	2018 - 2019
	<i>School of Public Health Scholarship</i>	
	Crane Fund for Widows and Children	2017 - 2018
	<i>School of Public Health Scholarship</i>	
	Eta Sigma Gamma National Teaching Award	2017
	<i>President, ESG Nu Chapter, Indiana University</i>	
	Fellowship Grant, Emissary for Graduate Student Diversity	2014 - 2015
	<i>University Graduate School, Indiana University</i>	

	Intercultural Competence Certificate Indiana University Office of International Services	2020
Professional Development	Certification Training for COVID-19 Association of State and Territorial Health Officials (ASTHO)	2020
	Certificate in Lifestyle Medicine Well Coaches	2020
	Ancient Egyptian Language and Culture Education Certification Kemet Nu (2017, 2019)	2019
	Certified Health and Wellness Coach (CHWC) Well Coaches (Renewed 2020)	2017
	Workplace Resolution Mediation Certification Mediation Training Institute	2011
	Mediation Certification Community Justice and Mediation Center	2011
	Non-Profit Board Certification Nonprofit Board Certificate Seminar, Bloomington Volunteer Network	2011
	Oriental Institute, The University of Chicago – Oriental Institute Certificate in Hieroglyphic Translation	2010
	FBI Citizen's Academy , Indianapolis, Indiana Field Office <i>Alumni & Volunteer</i>	2019 - Present
Service	2M Corporation , New York and California <i>Advisory Council, Health and Medical Consultant</i>	2019 - Present
	Athens Journal of Health and Medical Sciences <i>Reviewer, Papers Submitted for Publication</i>	2019 - Present
	Athens Journal of Mediterranean Studies <i>Reviewer, Papers Submitted for Publication</i>	2019 - Present
	Eta Sigma Gamma Student Monograph <i>Reviewer, Papers Submitted for Publication</i>	2019 - Present
	Refugee Support Network , Bloomington, Indiana <i>Board Member, Health and Medical Liaison</i>	2016 - 2020
	AmeriCorps Advisory Council - Bloomington, Indiana <i>Alumni Representative</i>	2011 - 2020
	Diversity and Inclusion Committee – IU School of Public Health <i>Graduate Student Representative, SPH Curriculum - Chair</i>	2016 - 2018
	Black and Bold Student Organization <i>Co-Faculty Sponsor, Indiana University</i>	2019 - 2020
Leadership	Hult Foundation, Indiana University <i>Director of Global & Public Relations, Vice President(As Graduate Student)</i>	2018 - 2020
	Student Supervisor , Bloomington, Indiana <i>Students: Emily Lee and Brownyn Collier</i> <i>American School Health Association Online Content</i>	2019 - 2019
	Graduate Mentor , Bloomington, Indiana	2018 - 2018

Capstone Mentor, Student: Lucy Brown
School of Global and International Studies, Indiana University

Eta Sigma Gamma National Health Education Honorary 2016 – 2017
President and Treasurer, Nu Chapter

Emissary for Graduate Student Diversity, Indiana University 2014 - 2015
Retention Emissary

Indiana University Eskenazi Art Museum, Bloomington, Indiana 2009- 2014
Docent

MLK Jr. Grant: Bloomington, Indiana 2014
Community Health and Happiness Coach, Rogers Elementary School

Girls Incorporated of Monroe County: Bloomington, Indiana 2012 – 2014
Volunteer

Community Justice and Mediation Center: Bloomington, Indiana 2011 – 2012
Mediator

Women of Color Advancing Peace and Security (WCAPS) 2020 - Present
Member – Washington, D.C.

Memberships Women's Foreign Policy Group 2020 - Present
Member & Mentee – Washington, D.C.

Young Professionals in Foreign Policy 2020 - Present
Member – Washington, D.C.

Black Professionals in International Affairs 2020 - Present
Member – Washington, D.C.

FBI Citizen's Academy Alumni Association 2019 - Present
Member

Eta Sigma Gamma National Health Education Honorary 2016 - Present
Member

Center for Global Change – Indiana University 2016 - Present
Founding Member of Graduate Student Global Studies Group

Pi Lambda Theta Education Honor Society 2014 - Present
Member

American Research Center in Egypt 2009 – Present
Member, Researcher
Orange County Chapter/Chicago Chapter

Indiana University Alumni Association 2009 – Present
Life Member
Monroe County, IN Chapter/Orange County, CA Chapter

Epilepsy Student Support Group 2016 - 2020
Member, Indiana University

Institute for the Preservation of Medical Traditions 2016 - 2019
Member

American School Health Association 2016 - 2019
Member

Indiana Public Health Association
Member

2016 - 2019

American Anthropological Association
Member, Medical Anthropology

2015 - 2019