

Higher Education and Student Affairs **Spring 2017 Practicum Opportunities**

Title of Practicum

IU Body Project

Practicum Description Summary

The Body Project is a research-based, peer-led, two session workshop that has been shown to significantly reduce negative body image and Eating Disorder symptoms in high school and college-age women. Currently we utilize this program with all IU Panhellenic Council sororities and are working to expand to include other groups of IU women and possibly local high school-aged women. This practicum will teach you how to train undergraduate women to become facilitators for the IU Body Project, and to oversee groups of IU women who will participate in the workshops. You will also assist in collecting data about the effectiveness of the Body Project at IU. (See <http://www.bodyprojectcollaborative.com/> for more info. about the Body Project.)

Sponsoring Office

IU Counseling & Psychological Services (CAPS). (IU Body Project is sponsored by IU Panhellenic Council and implemented by CAPS.)

Department/Office Website Address: <http://healthcenter.indiana.edu/counseling/index.shtml>

If multiple students can be selected for this position, please indicate the number of practicum students the site is willing to host:

Spring 2017

Number available: 1-2 students of any gender identity.

Please identify any requirements outside the 8 hours per week of the practicum experience the student would be expected to complete:

One weekend (likely in February) will require attending a 10 hour training (5 hours each on Saturday and Sunday).

Learning outcomes associated with the practicum experience in your office:

- Learn about body image and Eating Disorders, including assessment and treatment services available at IU.
- Program Administration Skills – mentoring student leaders, organizing logistics associated with implementing workshops, generating and implementing strategies for expanding this program at a sustainable pace.
- Marketing/Social Media Skills- developing/updating marketing materials, managing social media accounts.
- Research Skills – assist with collecting data for a small research study on the effectiveness of this program with IU women.

Provide a brief summary of the activities, duties, responsibilities and/or special projects associated with this position:

- Initially, learn background information about the Body Project workshops, prevalence and causes for body image concerns and Eating Disorders among women.
- Attend 10 hour weekend training (likely in February) to learn how to teach this workshop to new undergraduate student facilitators.
- Assist in overseeing implementation of Body Project workshops in all IU Panhellenic sororities in the spring 2018 semester and planning workshops for fall 2018 semester.
- Meet with other interested student organizations and individual students to provide brief presentations about the Body Project workshops in order to recruit new participants.
- Assist in mentoring three student directors overseeing our Greek Body Project program and 2 student directors overseeing our non-Greek Body Project program.
- Design/update marketing materials.
- Assist with managing social media accounts and email correspondence.
- Assist with data collection for study on the effectiveness of this program at IU.

Site Supervisor for Practicum Experience:

Name Dr. Chris Meno _____
Address IU Health Center, 600 N. Jordan Ave.
Phone (812) 855-5711 _____
E-mail cmeno@indiana.edu _____

Individual completing this form:

Name same as above _____
Address _____
Phone _____
E-mail _____

Yes, my department plans to attend the HESA Practicum Fair and we have completed the description form

No, my department does not plan to attend the HESA Practicum Fair, but we have available opportunities for students and I have completed the description form

No, my department does not plan to attend the HESA Practicum Fair and we have no available opportunities at this time.

Please submit completed practicum description form to Amy Núñez, hesaga@indiana.edu, by October 6, 2017. Past practicum descriptions can be found at

<http://education.indiana.edu/students/graduates/programs/hesa/masters-practicum-opportunities%202015.html>