BYU Public Health
COLLEGE OF LIFE SCIENCES

BYU Public Health
Student Newsletter
KEEPING YOU INFORMED.

3 April 2024 edition

MARK YOUR CALENDAR
Important Dates

April 3 - Withdraw deadline - TODAY
April 17 - Last Day of Classes
April 19 - finals begin
April 25/26 - Commencement and Convocation

Questions about The Major?

Carol Stepan
Life Science Adv.
Beth Liechty
9-2pm M-Th
3002 LSB

Class planning for the following emphases:
- Health Promotion
- Epidemiology
- Environmental / Occupational Health
- Health Science G-Z

Beth is also available to talk about AIPs, careers, CHES exam, grad school, and more.

To set appointment please call 801-422-3386 or email beth.liechty@byu.edu

Ayugi Ntambwe-Kalala

Undergrad internships and experiences coordinator

To contact Ayugi, please email phinternships@byu.edu

Upcoming Events/Announcements

IAS 220
Introduction to International Development

Spring 2024; TTh 4-6:50
Instructor: Brett Macdonald

Humanitarian Services Manager for the Church

Has worked with a wide variety of prominent development organizations
20 years of experience in humanitarian work around the world, including Brazil, Kenya, Liberia, Ghana and the South Pacific

HLTH 313 CHANGE FOR SPRING/SUMMER

Due to scheduling conflicts, we have had to move our HLTH 313 course from Spring 2024 to Summer 2024. We apologize for any inconvenience this change may cause.
you. We will send out a notification in our department newsletter as soon as we have a new time set up for Summer term. Thank you for your understanding.

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**Freshman, Sophomore, or Junior? Paid, virtual, tutoring fellowship this fall**

Are you ready to make a real-world impact while pursuing your college degree? Teach For America’s Ignite Fellowship welcomes students from all majors to join our mission in bridging the educational equity gap. This part time, paid virtual program offers an unparalleled opportunity to mentor and teach K-12 students in low income communities, empowering you to contribute to societal change. *(Deadline to apply: April 24th)*

- [Apply now](#) to become an Ignite fellow & spark change for the next generation
- [Watch](#) a recording of our information session
- [Attend](#) our Application Workshop on tips/tricks before submitting

Juniors only: Interested instead in paid, full-time post-grad opportunities? Check out our 2025 TFA corps application [here](#).
CULTURAL POTLUCK

Love eating food? Join us to eat all kinds of worldwide foods and share your culture!

April 3
5 - 7 PM
WSC 3223

NAVIGATING BELONGING
Finding a Christ-centered Community in the Life Sciences

Ty R. Mansfield | Assistant Professor of Church History and Doctrine
April 4, 2024
LSB Auditorium 2102
@4:30pm

BYU Life Sciences
BYU Office of Belonging
BRIGHAM YOUNG UNIVERSITY
SLEEP PSYCHOLOGY CONSORTIUM

STUDY OF SLEEP PSYCHOLOGY

SPROUT Study: Unlocking the Secrets of Sleep Psychology

READY TO JOIN THE SPROUT STUDY?

TO DETERMINE IF YOU ARE ELIGIBLE TO PARTICIPATE, PLEASE COMPLETE ONE OF THE FOLLOWING ELIGIBILITY SURVEYS.

OBJECTIVES

Are you interested in the science of sleep and circadian rhythms? Do you want to contribute to research while earning up to $300 for your participation? We invite adolescents (Ages 14-17) and adults (18-24) to join the SPROUT study and become part of the quest to understand the role of psychology in sleep health!

WHAT TO EXPECT

1. Structured Clinical Interview: Share your sleep history and experiences with our trained research staff.
2. Questionnaires: Provide details about your psychological and physical well-being.
3. Sleep Monitoring: Wear an actigraphy device for at least 10 nights and maintain sleep diaries to track your sleep patterns.
4. Overnight Sleep Study: Engage in an in-home sleep study to collect essential sleep data.
5. Neuropsychological Tests: Engage in cognitive assessments to help us understand the effects of sleep on your mental acuity.
6. Magnetic Resonance Imaging (MRI): Participate in two MRI scans conducted in the morning and night, including sleeping in the scanner.
7. Melatonin Assessment: Participate in an in-lab assessment of melatonin concentrations every 30 minutes across six-hours.

The SPROUT study is led by sleep psychologists Dr. Kara Duracchio and Dr. Daniel Kay, faculty within the department of psychology.

IF YOU HAVE ANY QUESTIONS ABOUT THE STUDY, YOU CAN CONTACT US AT:

SLEEP_LAB@BYU.EDU
SLEEP_PSYCH_

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Green Week

APRIL 1ST - 5TH

MULCH & MINGLE • BOOTH + PIZZA
DEVO • MAPATHON • CLOTHING SWAP

BYU Sustainability | Geography • Recycling • Kennedy Center • Ballard Center • Maxwell Institute • Geospatial Services & Training • Y-Serve
"Partners in Health: Engage is hosting two BYU Public Health alumni to share their current work in health equity and communication. Snacks provided!"

BLS/CPR Training

Attention! If you need BLS/CPR recertification, contact Elle by texting 801-427-2610 for more class details.

- April 8 / Monday / 6:15 pm
- April 15 / Monday / 6:15 pm

If you need First Aid training, please inquire for details.

CAREER CORNER

The BYU public health department is providing an additional resource to help public health students and professionals to take steps to find the right job that fits them and grow their careers. The job board subscription is to help stay updated on the latest employment opportunities available here in Utah.

Subscribe to our Job Board
Do you know what Handshake is? Have you created an account? Do you know that hundreds of jobs are listed here each week? Just today the Handshake email included quite a few internship and job opportunities related to Public Health!

Take JUST a minute to check out their website and watch the short video explaining how to get started.

Handshake tutorial and sign up

Internships

COMMUNITY IMPACT INTERNSHIP

Here is the linkedin post: Link

Students should send an email including the following to impact@uicharitable.org

- Attached Resume
- Brief description in why the student is interested in an internship with UI
- A clear statement of when they are expected to graduate

The description states that the deadline was last week but they are still interviewing through the end of March!

University Impact Internship Description
Utah Water Quality
Communication Internship

Passionate about environmental health, communication, and keeping people and pets safe? Apply now for a full-time, paid internship focused on communication and content development for the State of Utah’s Division of Water Quality.

Position details

Our Recreational Water Quality Program keeps people and pets safe as they play in Utah’s lakes and rivers. Our 2024 intern will play a key role in making sure the public gets the information they need to avoid toxic algae and harmful bacteria. Projects will include:

- Work alongside our content team to develop high-impact social media partnerships and posts
- Expand and apply a public perception survey (field trips to beautiful local water bodies included)
- Write approachable and searchable educational web content
- Identify and build your own communication campaigns that push forward State and program goals – this is an opportunity to apply your unique passions and skills

Intern will work full-time, mid-May through October 31st. Transition to part-time work is possible in the fall. Most work can be completed either in-person or remote, but Intern must live in Utah while employed. Pay will be $16-21/hr depending on experience.

Our ideal intern will:

- Excel at written and verbal communication
- Have a proven ability to develop high-quality social media, email, and web content
- Be comfortable with occasional data entry and analysis in Microsoft Excel
- Successfully combine high professionalism with creativity, innovation, and fun
- Be a connector and organizer of partner organizations to expand our reach
- Thrive in both collaborative and independent projects and campaigns

HOW TO APPLY

Please email a cover letter and resume to Hannah Bonner (hbonner@utah.gov). Interviews will be conducted on a rolling basis beginning in late March.
Paid summer internship opportunity (great opportunity for EOH students!)

Field work including entomology, ecological & environmental applications. Also laboratory work involving things like efficacy and resistance studies, assays, surveillance, identification and testing.

Listing is found on Handshake!

Also available:


The Americorp Position Opportunity starts May 6, 2024 and is a one-year, full-time position. For those unfamiliar with the AmeriCorps program, it is not a regularly salaried position but a volunteer position that pays a stipend/living allowance. You can find full details in the link below.

Here is a quick summary of the stipend/benefits:

- Living allowance of $22,881 annually; Paid $877.66 every two weeks
- After completion, you can choose an education award ($6,895) or end-of-service stipend ($1,800)
- PTO and holidays
- Health insurance options included
- Relocation assistance included

For more information, visit [AmeriCorps and Get Healthy Utah](#).
HeartCorps Opportunity

Apply to be a HeartCorps Service Member today! HeartCorps members will receive:

- A biweekly living stipend of $1062.50 (pre-tax)
- Healthcare benefits
- Childcare subsidy, if eligible
- An educational award (pre-tax) after successfully completing your hours of service
- 200+ hours of professional development and training to launch or expand your public health career
- Direct access to job opportunities upon successful completion of program with satisfactory performance

Please complete the general application or email your resume to us for immediate consideration. Be sure to indicate which state(s) you are interested in serving and/or willing to relocate to for this service experience. All accepted applicants must successfully pass a national criminal background check to become HeartCorps service members. For questions related to HeartCorps, please email us.

Learn more about HeartCorps Here

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Clubs Corner

Have you been wondering how to get involved? Here are a few student clubs that might be of interest to you depending on your emphasis and career goals:

- Y-Serve Refugee
- BYU Public Health Association (BPHA) * Now Accepting Applications!
- Rotaract
- Allied Health Club
- Healthcare Management Association
- Healthcare Industry Association (HIAu)
- BYU Physical and Occupational Therapy Club
- Fight Malnutrition Club
- Food Insecurity Club
- Partners in Health: Engage
- Anti-Racism Club

- Nonprofit Management Student Association
- Master of Public Administration Association
- Changemaker Club
- Refugee Empowerment Club
- Team HBV
- BYU American Society of Safety Professionals (ASSP)
- Gerontology Club
- Social Impact Association
- Students for International Development
- Women in Medicine
- BYU Women’s Health Organization
- American Medical Women’s Association (AMWA)