

# 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](mailto:beth.liechty@byu.edu)

9-5pm M-F  
2060 LSB

Class planning for the following emphasis:

- Health Science A-F
- Other LS majors

To set appointment please call 801-422-3042 or visit [lsa.byu.edu](http://lsa.byu.edu)



**Ayugi Ntambwe-Kalala**

Undergrad internships and experiences coordinator

To contact Ayugi, please email [phinternships@byu.edu](mailto: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](#).

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**BYUSA**  
CLUBS

# 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**

**WOC**  
WOMEN OF COLOR CLUB



## **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**

**Clubs! Games!  
Prizes!  
Cafe Rio!**

**BYU Life Sciences  
BYU Office of Belonging**



**RSVP by:  
April 1, 2024**







IRB NUMBER: 180202-204  
IRB APPROVAL DATE: 03/12/2014  
IRB EXPIRATION DATE: 10/04/2024

## 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.



IF YOU ARE AGES 18-24, SCAN  
THIS CODE TO ACCESS THE  
ELIGIBILITY SURVEY



IF YOU ARE AGES 14-17, SCAN  
THIS CODE TO ACCESS THE  
ELIGIBILITY SURVEY



The SPROUT study is led by sleep psychologists  
Dr. Kara Duraccio 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\_

### 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.

# 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

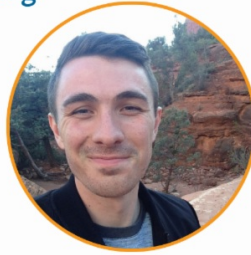
# ALUMNI NIGHT

featuring



**CHRISTY GONZALEZ**

BYU BS Public Health  
Harvard Medical School  
MS Candidate  
(Media, Medicine, and Health)



**ALEX MERRILL**

BYU BS Public Health  
Utah Tribal Health Epidemiologist  
University of Utah  
MPA/MPH Candidate

April 10

6-7 pm

3710 HBLL

refreshments provided



**Partners  
In Health**

ENGAGE

• • • • •

"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

**BYU  
Public Health**

Job Board  
*Subscription*

Hello, public health job seekers! This is our one-stop shop for all internship, part-time, and full-time jobs that are available here in Utah. When you subscribe, you will receive a weekly job list.

<https://forms.gle/GEN8TNtc6sHDsYPi8>

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**

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# Handshake

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](mailto:impact@uicharitable.org)

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

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## Harm Reduction Internship



# 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 waterbodies 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 \(hbonner@utah.gov\)](mailto: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:

Here is the drone pilot assistant/field assistant job posting.

[https://utahcounty.wd1.myworkdayjobs.com/en-US/Utah\\_County\\_Careers/details/Drone-Pilot-Assistant-Vector-Control-Technician---Time-Limited\\_R0001196](https://utahcounty.wd1.myworkdayjobs.com/en-US/Utah_County_Careers/details/Drone-Pilot-Assistant-Vector-Control-Technician---Time-Limited_R0001196)

Here are the postings for a biker, field worker, and lab technician.

[https://utahcounty.wd1.myworkdayjobs.com/en-US/Utah\\_County\\_Careers/details/Mosquito-Abatement---Vector-Control---Time-Limited---No-Benefits\\_R0001195](https://utahcounty.wd1.myworkdayjobs.com/en-US/Utah_County_Careers/details/Mosquito-Abatement---Vector-Control---Time-Limited---No-Benefits_R0001195)



## JOB OPENINGS



### **Americorp Position Opportunity** with Get Healthy Utah

The position **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

Americorps and Get Healthy Utah



**American  
Heart  
Association.**

# 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**



## 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:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• Y-Serve Refugee</li><li>• BYU Public Health Association (BPHA) * Now Accepting Applications!</li><li>• Rotaract</li><li>• Allied Health Club</li><li>• Healthcare Management Association</li><li>• Healthcare Industry Association (HIAu)</li><li>• BYU Physical and Occupational Therapy Club</li><li>• Fight Malnutrition Club</li><li>• Food Insecurity Club</li><li>• Partners in Health: Engage</li><li>• Anti-Racism Club</li></ul> | <ul style="list-style-type: none"><li>• Nonprofit Management Student Association</li><li>• Master of Public Administration Association</li><li>• Changemaker Club</li><li>• Refugee Empowerment Club</li><li>• Team HBV</li><li>• BYU American Society of Safety Professionals (ASSP)</li><li>• Gerontology Club</li><li>• Social Impact Association</li><li>• Students for International Development</li><li>• Women in Medicine</li><li>• BYU Women's Health Organization</li><li>• American Medical Women's Association (AMWA)</li></ul> |
|---|---|



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[Unsubscribe tanya\\_gale@mailing.byu.edu](#)

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Notice](#)

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