

**UNMC, College of Public Health**  
**Applied Practice Experience (APEX) Opportunities**

**Partner organization name:** Doane University – Tiger Wellness

**Partner organization website:** <https://www.doane.edu/student/resources/tiger-wellness>

**Partner organization brief description:**

Tiger Wellness at Doane University is committed to delivering comprehensive and inclusive opportunities that empower students to enhance their well-being throughout their time as a Tiger and beyond.

**Partner organization site contact name and email:**

Andreea Baker, MSN, RN Director of Health and Wellness

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**Description of Needs—APEX activities:**

- Assisting in the management of the peer health education program, which launched spring 2024
- Creating evidence-based, educational materials for substance use and sexual health based on theories of behavior change
- Developing instruments and planning the evaluation of wellness programming
- Coordinating and creating resources for the 9-dimensions of wellness
- Creating a social norms campaign around substance use utilizing data gathered from the spring 2024 survey

**Timeframe of proposed activities:** Fall 2024

**Benefit of proposed activities to partner organization:**

Tiger Wellness has been part of Doane since 2019. During the pandemic, there was a gap in the director position, so most programming was on pause. Starting in the fall of 2023, there has been an increase in programs, workshops and other events around campus focusing on student health and well-being. By having Apex as a partner, we can continue to expand the programs that we currently offer including the ongoing development of our peer health educators.

**Benefit of proposed activities to the student:**

The student who chooses to work with Tiger Wellness this fall will have the opportunity to be creative in their work. The student will have the flexibility of choosing which projects to get involved with. We are working to build programming in mental health, sexual health, and substance use. There is opportunity to gain real life experience in program design, evaluation design, health education, health communication, and leadership development.

**Skill sets of students requested:**

- Foundation knowledge of program development, theories of behavior change, socio-ecological frameworks, or evaluation
- Passion for one or more of the health topics described above
- Excellent written/oral communication skills
- A self-motivated, positive attitude

**Additional Information:** Tiger Wellness seeks to build a team across gender and sexuality spectrums, and includes students of color, religious diversity, and different ability levels. We actively pursue a team that can bring diverse perspectives to the table and encourage individuals who may not meet every qualification to apply. In-person, hybrid, and remote opportunities are available.

\*Note—An affiliation agreement will be required prior to student collaboration