

**PSU Recreation Advisory Board Notes from Community and Worksite Wellness Discussion**  
May 3<sup>rd</sup>, 2019

1. Trends in specialized technology: Apps, Illustrator, Video Design, Graphic Design, Social Media, Excel (*spreadsheet manipulation, pivot table creation, better use of it*)
2. Students excelling at: Super organized, dependable, works well with a team, compassionate. Get students prepared to get out of the comfort zone. Work on Social Work skills. *Students are lacking e-mail skills and office etiquette.*
3. Student Needs: Public Speaking
4. Educational Areas to Focus on: More nutrition classes, Health Policy, Epidemiology, Foreign Language
5. Research Project Ideas: Incentive driven BP reduction (planning and carrying out the incentivized program). Maybe have student work with a professional in the field to do a research project – carry it out and then present publicly at a lunch and learn or something similar. Other research ideas included social determinants of health (food insecurity and academic performance of college students - what is the correlation between food insecurity and GPA's) and training with music and athletic performance (does music positively influence an athlete's training program resulting in better performance outcomes?).
6. Workshop, Conferences, Trainings, Certifications: Phlebotomy, Working in Functional Fitness, WELCOA, Require PT/GFI Certification while they're taking the class.
7. Internship Duration – could it be 24 hours/week over 10-week period for example?

General Themes

Career Day/Career Fair

New FE Class (recruitment there)

REC- all sorts of job possibilities

It's reward, offers longevity, love it and it's fun!

It's OK to be a discovery major!