

Growing Together – *Floreciendo Juntas* INTERNSHIP OPPORTUNITY

Do you want to gain experience designing program activities for families in the San Diego community?

Are you passionate about empowering young girls to be healthy?

Would you like to apply knowledge from child & family development to public health interventions?

Growing Together (*Floreciendo Juntas*) is a research study designed to promote **physical activity** and **healthy habits** among **Latina mother-daughter pairs** in San Diego County. Through partnership with four YMCAs and Rec Centers, we will deliver a 12-week program to increase physical activity, health, and healthy family dynamics by improving mother-daughter communication, teaching evidence-based parenting practices, and providing health information to **girls aged 8-11 and their mothers**. Program activities include weekly lessons, skill building, interactive discussions & activities, and opportunities to participate in physical activity. We are seeking interns to assist with program planning, recruitment, delivery, and evaluation.

Internship position (unpaid), 10 hours/week (min), 1 semester commitment (min)

Main Activities:

- Participate in regular team meetings and trainings
- Assist project staff with:
 - curriculum adaptation and lesson planning
 - assessment of program activities for developmental appropriateness
 - creation of age-appropriate program handouts & flyers
 - communication with community partners (rec centers, libraries, churches, schools)
 - preparation of surveys and evaluation tools for program
 - participant outreach, recruitment, screening & enrollment
 - program session delivery with mothers & daughters

Qualifications:

- Computer skills (word, excel, canva)
- Good organizational skills and strong attention to detail
- Strong verbal and written communication skills
- Reliable transportation (mileage reimbursement available for off-site activities)
- Major in child development, elementary education, or relevant field
- Bilingual English/Spanish (preferred)
- Experience working with children aged 8-11 (preferred)

Benefits to the Student:

- Training and experience in many aspects of community-based programs & research
- Valuable hands-on field experience developing and delivering programs to preadolescent girls & families
- Great opportunity for thesis or capstone project, potential opportunity for course credit

If interested, please send your resume/CV along with a cover letter describing your interest in the project to: Jennifer Schneider jbeckner-w@sdsu.edu

Project offices located at 9245 Sky Park Ct. in Kearny Mesa