

# This is **HAWE** Do It

December Issue

## Stress Tips

Finals week can be stressful here are some tips to distress!

- Exercise
- Eat healthy
- Stay hydrated
- Take breaks
- Have a good study space
- Plan and prioritize your work
- Double check your exam times
- Breathe!



**HAWE's Win Outstanding Program Award**  
Four Hawe's attended the National Bacchus Peer Education Conference, November 16th-18th in Denver, Colorado. This award was for the "Message On A Bottle" Program created by Diana Perez & Donna Darmody

## Don't Have a Blue Christmas

The holidays are a great time to hang out with friends and family. It is important to enjoy the holiday season while still drinking responsibly. Did you know the holidays are the riskiest time of the year for drunk driving? 4 in 10 highway deaths are due to drunk driving (Aetna Insurance Group).

Tips:

- Have a designated driver
- Check on friends
- Count drinks
- Drink water

# Want to Become a HAWE?

Being a HAWE was the best experience that I have had throughout my years in RWU and helped me get into graduate school

I wouldn't be in the job I am in today if it weren't for the HAWE Program

The HAWE program gave me the confidence to present in front of a group

## **IMPORTANT DEADLINES:**

Applications available on Monday, January 29, 2018. They can be picked up at CSD Lobby or online on the RWU website.

A full application **MUST** be submitted by Monday, February 26th, 2018. Group interviews are Wednesday, March 7th, 2018. Accepted HAWEs will be notified on Thursday, March 22nd, 2018.

The HAWE's are a group of student leaders who are dynamic, energetic, passionate and committed to reaching out and helping others make good decisions. We are looking for candidates who:

- Have good self-esteem
- Possess excellent time management and organizational skills
- Are models of healthy behaviors
  - Refrain from the use of all nicotine products
  - Do not use illegal drugs
- Have the ability to handle stress and are resilient when difficulties arise
- Are comfortable speaking in front of a group and visible in all public media
- Are natural helpers
- Adhere to RWU rules and regulations
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## **Compensation & Benefits:**

- \$1,100 stipend/credit per semester
- Tremendous leadership and teamwork experience and the opportunity to creatively change your community through programming