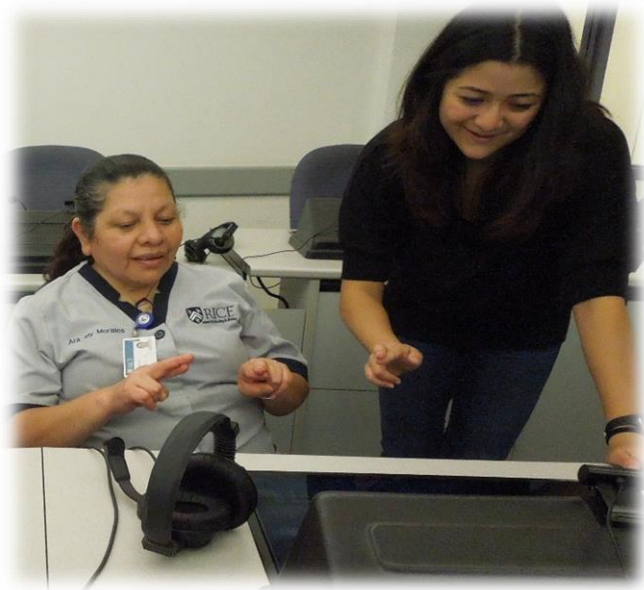


CLIC Students Promote Healthy Lifestyles to Rice Employees:

Students in Medical Spanish Courses Lead Seminars for Spanish-Speaking Staff

“I see this as a win-win-win for the students, wellness program, and employees,” said Rosie Gonzalez, Rice’s Wellness Manager. She was referring to an important service learning experience envisioned by Dr. Luziris Turi of Rice’s Center for Languages & Intercultural Communication (CLIC).

Students in Dr. Turi’s Spanish 321, Spanish for Medical Professions I, and Prof. Victoria Abad’s Spanish 322, Spanish for Medical Professions II, are working with Ms. Gonzalez to present seminars as part of the **Healthy Rice. Healthy Life** employee wellness program to Rice’s Spanish-speaking employees.



Spanish 321 student helps Rice staff member register for health screening

“This project helped me improve my Spanish skills, as I have rarely given presentations

in Spanish before, and never in front of native speakers,” said Chrissy Wassef, a McMurry College senior who will attend Baylor College of Medicine in the fall.



The Heart Healthy Living Seminar was well attended by staff members

Always looking for service learning opportunities for students in Spanish for Medical Professions, when Dr. Turi received an email about health seminars for Rice employees, a light bulb went off. She reached out to Veronica Villasenor in Rice’s Human Resources office, who put her in touch with Ms. Gonzalez. Dr. Turi and Prof. Abad met with Ms. Gonzalez and together they came up with ways that their students could help.

Working in teams, students in Spanish 322 translated the materials for the Heart Healthy Living seminar and the Stress Management seminar into Spanish and presented on those topics in Spanish. The students took it a step further and created a bingo game on the Heart Healthy Living

and relaxation exercises for stress management as a way to reinforce the seminars' healthy lifestyle messages.

Audrey Wassef, also a McMurry senior who will attend Baylor College of Medicine, explained how the project helped her improve her Spanish skills, "I had to work on interacting with the audience and gauging audience response rather than just simply giving a presentation."

Spanish 321 students led a series of trainings in the CLIC computer lab designed to help Spanish speaking employees register on and learn to use the **Healthy Rice. Healthy Life** online health platform. These students also helped employees to sign up for the free health screenings Rice offers to employees.

Spanish 321 students also attended other Rice health fairs with Ms. Gonzalez, distributing information in Spanish and interacting with Spanish speaking employees. Bertha Benavides, a Custodial Manager, said that the employees liked the seminars and that they learned a lot. She hopes that Spanish health seminars will continue next year.

The students have done more than translation of seminar content and materials, explained Ms. Gonzalez. She noted that many of the Spanish speaking employees are not on computers at Rice and do not receive the All Departments emails. The students played an important role in publicizing the health seminars. "It has been a big help to have the students as my 'foot soldiers,' and you might even say, 'student wellness ambassadors' on campus."



A student discusses healthy lifestyles with Rice employees



A game created by Spanish 322 students to reinforce Heart Healthy Lifestyles

Their professors were also pleased with the outcomes. "It was a good opportunity for students to give a presentation outside of the classroom to a real audience of native speakers. I hope this will give them confidence that they can use Spanish to do something meaningful and applicable to their future careers," explained Prof. Abad.

Dr. Turi summed up the experience, "I am grateful that Veronica, Rosie, and my colleague Prof. Abad were on board with this project. I truly envision these seminars becoming a part of the normal schedule of HR Health Seminars."