



The Aultman Ambassador Scholarship recognizes student ambassadors that demonstrate exemplary participation in program meetings, activities and health promotion projects that effectively inspire personal, peer, family and community adoption of healthy lifestyle activities.

### Scholarship Criteria

#### **Student Ambassador Engagement**

Student Ambassador is encouraged to attend monthly program meetings, activities and participate in health promotion initiatives and projects (attendance at two AAP planned activities/projects per school year)

#### **Essay Requirements**

Explain how establishing effective health behaviors promotes individual overall health and well-being (300-500-word essay)

Aligns with AAP Mission and Core Principles to develop lifelong healthy habits that leads your community to improved health (i.e. family, school, neighborhood).

Creative and engaging with clear, concise language in a logical sequence

Please contact your high school advisor or the Aultman Community Wellness Coordinator, Amanda Beaver with questions regarding the scholarship criteria. You must submit your scholarship essay via email to Amanda.Beaver@aultman.com.

Essays will no longer be accepted after March 10.

Use the blank page below to write a 300-500-word essay following the criteria above.					
Core Principles: Hydration, Nutrition, Stress, Sleep, Physical Activity					
Mission: To improve the overall health and well-being of youth by implementing ongoing health promotion					

and prevention, resulting in a healthier community.

# **Aultman Ambassador Program Scholarship Rubric**



Student Name:		
High School:		
Grade Level:		

## **Student Ambassador Engagement**

Student Ambassador is encouraged to attend program monthly meetings, activities, and participate in health promotion initiatives and projects (attendance at two AAP planned activities/projects per school year)

Essay Requirements	(Scale: 1-low, 10-high)
Explain how establishing effective health behaviors promote individual overall health and well-being (300-500-word essay)	
Aligns with AAP Mission and Core Principles to develop lifelong healthy habits that leads your community to improved health (i.e. family, school, neighborhood)	
Creative and engaging with clear, concise language in a logical sequence	
Total Score	/30

**Aultman Wellness Coordinator Comments:**