

Alexis J. Steptoe

7065 West Friendly Ave Unit E Greensboro, NC 27410 Tel: (304) 320-6573 Email: ajstepto@uncg.edu

EDUCATION

The University of North Carolina at Greensboro: *Master of Public Health*
Radford University: *Bachelor of Science*

May 2017
May 2015

RELEVANT EXPERIENCE

HealthyUNCG-Staff, Graduate Assistant

Aug. 2015-Present

- Serving more than 3,000 faculty and staff at (UNCG).
- Co-facilitate weight management program that walks participants through nutrition, stress management, motivation, and accountability topics related to maintaining a healthy body weight.
- Lead individual and group health coaching sessions.
- Develop, implement, and evaluate programs based on employee need including but not limited to: nutrition, stress reduction, smoking cessation, and physical activity.
- Create and disseminate health information to employee population regularly.
- Facilitate comprehensive Personal Wellness Profiles reviews with employees (UNCG Employee Health Risk Assessment)
- Lead group fitness classes and track employee participation.
- Contribute, edit, and disseminate annual report to appropriate stakeholders.
- Market tailored resources, programs, and presentations to university departments.
- Maintenance of administrative duties including:
 - High-level communication across multiple modes (email, telephone, newsletters) in a timely and professional manner.
 - Assuring accurate records of employee contacts, registrations, program participation, and confidential files
 - Online webpages and social media platforms (Facebook, Twitter, Pinterest, WordPress, Instagram, Google Forms)

CONFERENCE PRESENTATIONS

- Radford University 24th Annual Student Engagement Forum-*Scholar Citizen e-Portfolio Showcase* April 2015
 - Steptoe, A. (22, April 2015). From 1st Generation to RU Domination: Alexis Steptoe's Journey [ePortfolio presentation]. Radford, VA.
- BACCHUS National General Assembly-*Program Presenter* Feb. 2015
 - Alderman, A. Ballagh, S.G., Drippleman, S., Empel, G., Steptoe, A., Trivette, A. (14, November 2015). Be YOUnique: Positivity Party [PowerPoint Presentation]. Orlando, FL.
- SOPHE 65th Annual Meeting- *Research Poster Presenter* April 2014
 - Clark, K., Grim, M., Sallee, D., Seeley, S., Steptoe, A., Sullivan, R. (20, March 2015). An investigation of risk behaviors and experiences of self-reported bullies in a rural community. Poster presentation at the Annual Society of Public Health Education Conference, Baltimore, MD.
- Radford University 23rd Annual Student Engagement Forum -*Research Poster Presenter* April 2014
 - Clark, K., Grim, M., Sallee, D., Seeley, S., Steptoe, A., Sullivan, R. (20, March 2015). An investigation of risk behaviors and experiences of self-reported bullies in a rural community. Poster presentation at the Annual Radford University Student Engagement Forum. Radford, VA.

LEADERSHIP ROLES

Eta Sigma Gamma, Alpha Nu Chapter-*Vice President*

April 2016-Present

UNCG Office of Leadership and Service Learning-*Silver Challenge Leadership Coach*

Feb. 2016-Present

- Offer support, guidance, and coaching techniques to assigned mentee to facilitate their growth as a leader at UNCG.

UNCG Graduate Student Association-*MPH First Year Senator*

Sept. 2015-Present

- Attend GSA meetings regularly and communicates information to the department about funding, service learning, and leadership opportunities.

Radford University Peer Health Educator Club-*President*

Jan. 2014- May 2015

- Collaborated with fellow peers on planning, developing, implementing, and evaluating health education programs and events.
- Presented and attended annual national peer health education conference.
- Collaborated across organizations to secure contracts for keynote speakers for campus events.

NASPA/BACCHUS Student Advisory Committee- *Area 12 Representative*

Nov. 2014-April 2015

- Sat on national board offering student assistance and perspective on decision making, strategic planning, designing, and disseminating quarterly communication.

Radford University Health Educator-*Lead Intern*

Jan.2015-May 2015

- Appointed supervisor of 10 fellow interns on health education projects, programs, and health promotion events.

Radford University Student Health Awareness Club-*Vice President*

Feb. 2013-May 2015

- Collaborated with peers to fundraise more than \$15,000 to host a regional peer education conference.

VOLUNTEER EXPERIENCE

Eta Sigma Gamma, *Student Member*

Jan. 2015-Present

- Collaborate across organizations to promote wellness through table events, educational speakers, dining hall volunteering, and service days.

Barnabas Network, *Sales-Floor Representative*

Oct. 2015-Jan.2015

- Guided clients through the warehouse picking out items for their second-chance home.

RU Health Educator, *Intern* (non-credit)

Nov.2013-May 2015

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- Developed education programs and awareness campaigns focused around a variety of health topics including: Safe Spring Break, Sexual Responsibility Week, Alcohol Awareness, Great American Smoke Out, and Eating Disorder Awareness.
- Presented over 80 resident hall/campus programs.
- Hosted awareness tables reaching over 16,000 student contacts.
- Attended meetings with campus committees to discuss and record progress of campus initiatives.
- Maintained external partnerships with vendors across the area.
- Helped plan and fundraise for annual Health Fair.

HONORS, AFFILIATIONS, AND DISTINCTIONS

UNCG LeaderShape Institute-*Student Member*

March 2016-Present

Eta Sigma Gamma-*Student Member*

Jan. 2016-Present

Preparing Future Leaders-*Prospective Fellow*

Oct. 2015-Present

North Carolina SOPHE-*Student Member*

September 2015-Present

UNCG Office of Leadership and Service Learning-*Executive Bronze Leadership Challenge*

Sept. 2015-Jan. 2016

- Completed requirements including workshops, volunteering, and assessments to be distinguished as a Bronze Medallion recipient.

Radford University Scholar Citizen Initiative-*Fellow*

April 2015

- Completed requirements including service learning, scholar growth programs, and online ePortfolio to demonstrate my journey as a Scholar Citizen.

Radford University-*Health and Human Performance Student of the Year*

April 2015

Radford University- *College of Education and Human Development Commencement Keynote Speaker*

May 2015

TRAINING & CERTIFICATIONS

- American Red Cross CPE & First Aid Certified
- Silver Challenge Leadership Development Coach Training
- Life Design Catalyst (UNCG)
- Certified Health and Wellness Coach (UNCG)
- StepUP! Bystander Intervention Training (Radford University)
- IRB Protection of Human Research Subjects Certified (CITI Program)
- BACCHUS National Peer Educator

January 2016

January 2016

December 2015

November 2015

February 2015

August 2015

September 2014

WORK EXPERIENCE

- University of North Carolina at Greensboro- *Group Fitness Instructor*
- HealthyUNCG- *Graduate Assistant*,
- Radford University-*Group Fitness Instructor*
- Lowe's Home Improvement- *Customer Service*
- Things Remembered- *Sales Representative*
- Olan Mills Portrait Studios- *Sales Representative*
- Bellacino's Pizza & Grinders- *Food Prep*
- Bob Evan's- *Hostess*

Jan. 2016-Present

Aug. 2015-Present

Jan. 2015-May 2015

June 2014-April 2015

Feb. 2012-Jan. 2015

Sept. 2010-Dec. 2012

Sept. 2010-Nov. 2010

April 2010-Aug. 2010