



**University Health Services**  
**Eating Concerns Advisor Application**  
**Deadline April 13<sup>th</sup>, 2009**

ECA is a UHS-sponsored student group with two main goals: to raise awareness and decrease incidence of eating disorders and disordered eating at Princeton. We meet for an hour a week, and sometimes more often when we have a big event. Training is two to three days before freshman week in the Fall. Please keep in mind that we are not counselors - we act as a link between students and the resources available at UHS. Our goal is to promote health, to lead by example, and to refer people to the excellent nutritionists, psychologists and physicians at UHS.

A member of the UHS Eating Disorder Treatment Team will review all applications to ensure that applicants are appropriate for membership. Please note, having had an eating disorder does NOT disqualify you from being an ECA. However, ECA training is not to be considered a substitution for proper treatment and we do not recommend this student group for someone who is actively struggling with disordered eating to the point that it is interfering with their life and primary role as a student. If you have been in treatment, made progress, and can see your current strengths and weaknesses then you may be the ideal ECA candidate.

Name \_\_\_\_\_ Class \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_ @

Campus Address \_\_\_\_\_ Residential College \_\_\_\_\_

Summer Address \_\_\_\_\_

Gender: \_\_\_\_\_ Major \_\_\_\_\_

1. Why are you interested in becoming an ECA? What qualities and skills do you bring to ECA?

2. One of our mottos is: "Eating Disorders are food solutions to non-food problems." What does this quote mean to you?

3. So far this year we've done tabling, study breaks and brought in a speaker. What ideas do you have for educational/awareness activities that you think would be engaging and valuable for the student community?

4. What body image problems or eating concerns do you see as most relevant on Princeton campus?

5. How have you, or someone close to you, been affected by eating disorders, disordered eating or body image problems? Have you ever been clinically diagnosed with an eating disorder? How will this inform your work as an ECA?

6. As ECAs, we aim to lead by example in demonstrated positive body image and healthy attitudes towards food and exercise. None of us is perfect, and we don't expect you to be - we all struggle with these issues even as we educate our peers. How well do you think you will handle the responsibility of leading by example?

7. Will you study abroad next year? Y / N Fall term\_\_\_\_ Spring term\_\_\_\_

8. Will you be available for training before freshman week next Fall?

9. List other time commitments for the next academic year (i.e. academic load, work, extra-curricular activities, athletics, community service, etc.).

10. Please include any additional information about yourself that is relevant to joining ECA.

I understand the goals of the program I am applying for and the commitment involved.

Signature\_\_\_\_\_

Date\_\_\_\_\_

**Please return this application to Health Promotion and Wellness Services at UHS, UHS, Room 120. An interview with both students, and the advisor, is required and will be scheduled upon receipt of the completed application.**