

# CHES Examination Review Study Group or Toolkit Order Form

**Deadline: Feb. 24**

For lowest fees  
payment must be made by Wed., Feb. 24

First name MI Last name

Mailing address

City State Zip

( ) -  
Telephone number

E-mail address (print very clearly)

Check one:

5-Session study group  
3 hours – Dates and times to be determined  
Includes Self-Study Toolkit  
Different content each session

OR

Self-Study Toolkit – includes shipping/handling

## Fees

5-Session Review & Toolkit (by 2/24) \$200  
(after 2/24) \$350  
 Self-Study Toolkit Only (by 2/24) \$150  
(any time after 2/24) \$250  
(includes regular postage and handling)  
 Overnight postage for Toolkit, add....., \$ 30

## Mailing Instructions

Send check or money order payable to  
"KDG Consulting" to:  
**KDG Consulting**  
184 Columbia Heights, Suite 3C  
Brooklyn, NY 11201

# KDG Consulting

Effective and affordable training and  
development services for health and human  
service organizations and specialists

## Services

**CHES Exam Prep**  
**"I Can't Believe It's Training" Training**  
**Job Aid/Tools Development Keynote**  
**Presentations**  
**Motivational Talks**  
**Group Facilitation**  
**Program Development**  
**Career Coaching**

## Clients

Hospitals and clinics  
Government agencies  
Nonprofit organizations  
Colleges and universities  
Professional associations  
Faith-based organizations  
Health and human service specialists  
Health and human services organizations

## Questions?

Karen Denard Goldman, PhD, CHES, SPHR

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[www.kdgconsulting.net](http://www.kdgconsulting.net)

# CHES Exam Review Study Group or Self-Study Took Kit

Presented by KDG Consulting

Session Registration Deadline  
Feb. 24, 2010



## Self-Study Toolkit

OR

## Study Group

5:30pm-8:30pm  
Wednesdays

Jan. 20 Free Info Session 5:30-7pm

**Feb.24, Mar. 10, 24,**  
**April 7 and 21**

### Study Group Location:

New York City  
Dept. of Health and Mental Hygiene  
125 Worth Street, 3rd floor Bd. Room  
NY, NY 10007

Subways:  
4, 5, 6, M, J, Z  
to Brooklyn Bridge walk north  
A, E, 1, 2, 3  
to Chambers Street, walk east



CHES Review  
Toolkit creator  
and Study Group  
Facilitator

## Karen Denard Goldman

- Award winning health educator, teacher, mentor, and author (health education articles, chapters, & *Health Education Tools of the Trade*)
- Consultant to CDC, American Social Health Association, New York Academy of Medicine, Kaiser Permanente, state health departments, and more!
- Board member, Public Health Association of New York City (PHANYC); Past president, Society for Public Health Education (SOPHE)
- Currently: Associate Professor and Co-Director, Program in Community Health, Kingsborough Community College, CUNY.  
Former Health education professor at NYU, Rutgers, Lehman College, Hunter College (CUNY), East Stroudsburg University
- Former Assistant Commissioner for Citywide Personnel Development, New York City
- Former program manager: March of Dimes, New York Lung Association, Maternity Infant Care Family Planning Project, New York City Department of Health and Mental Hygiene
- Education: Beloit College (BA, MAT), Hunter College (MS: Community Health Education), NYU (PhD: Health Education), Pace University (Certificate: Human Resources)
- Certified health education specialist (CHES) Senior human resources professional (SPHR)

## CHES Examination Study Group

The study group fee includes the Self-Study Toolkit (also sold separately...see description in next column), a review of the 7 areas of responsibility including lectures, individual and group activities, worksheets, individual and group activities, time with newly certified health education specialists, additional resources as requested by group members, and (of course) snacks.

Together, we review how to

- Study for/taking the CHES exam
- Assess individual/community needs
- Plan strategies, interventions, and programs
- Implement strategies, interventions, and programs
- Conduct evaluation and research
- Administer strategies, interventions, and programs
- Serve as a resource person
- Communicate and advocate for health education needs, concerns, and resources

Just as importantly, we support and encourage each other and help discover our “inner certified health education specialist” even before we take the exam!

The content covered in the Toolkit and the study group activities cover the body of knowledge (updated 7 Areas of Responsibility published in 2006) as described by the NCHCEC as tested by the certification exam.

**Taking this course (or any other course)  
does not guarantee a passing score.**

## Questions?

KDGconsulting@verizon.net

## CHES Examination Self-Study Toolkit

The Toolkit includes materials I have developed or have received permission from others to use and is updated regularly:

- Realistic recommended **reading list**
- **Test taking tips**
- **5 sets of health education tests**
- **7 Area of Responsibility Worksheets** to guide candidates’ reviews of each area.
- **250+ flashcards:** health education terms, processes/models/theories, and concepts
- **Additional information on:**
  - Coalition building
  - Consulting relationships
  - Cultural sensitivity/competence
  - Data and information sources and criteria
  - Epidemiology basics
  - Ethics in research and practice
  - Group dynamics principles, facilitation, networking,, serving as a liaison, conflict resolution, referrals
  - Health Education functions by settings
  - Health Education Specialist Framework summary and principles
  - Marketing
  - Material development/readability tests
  - Principles of Health Education
  - Program planning, promotion, planning for implementation, and implementation
  - Research and evaluation basics
  - Statistical methods/rate formulas
  - Strategic planning principles and steps
  - Theories – all levels
  - Volunteer opportunity development