



Dear HWP/PED/MAS Students and Graduates,

We are pleased to announce that we are now accepting applications for the **HWP Residency Program**.

The HWP Residency Program allows students who graduate from one of our programs and meet other specific criteria the opportunity to apply for a semester-long residency through the Center for Health and Wellness Promotion. If selected, you will have a full-semester with the college's support to build your professional practice in Wellness Coaching, Massage Therapy, Personal Training, Strength and Conditioning, or Exercise Testing and Prescription.

The college will promote your services, collect a fee, and return 75% of the money to you. As you near the semester's end (your Residency may be extended up to one full academic year, pending dialogue and mutual agreement between you and CLC), we will help you develop an exit plan, whereby you may choose to invite your new-found clients to continue with you through a location of your choice. We expect some of you will use this opportunity to start your own business, and others will encourage prospective employers to give you serious consideration for potential employment (imagine applying for a job and referencing the fact that you will be bringing paying clients with you!). Regardless, this is the college's way to help you create your ideal professional opportunity, which can be very challenging in the current economy.

For more information please refer to the HWP Residency Program Application on the CLC Center for Health and Wellness Promotion webpage. All application materials must be turned in (submitted to The Center for Health and Wellness Promotion at Southlake campus, Attention: Lisa Aguilar) during finals week of the prior semester.

The selection process is both rigorous and competitive and if selected it has been revered as positively rewarding! **Take control of your future and apply today!**

Graduate testimonial:

*"The residency program was a great experience for me, personally and professionally. Having just earned my Personal Training Certificate and ACSM certification, the residency gave me the opportunity to hone and grow my skills. Being able to practice the skills I had just learned let me gain confidence and ability in an environment that encouraged questions, collaboration, and inspiration. There is enough structure to the procedures that are followed that encourage and reinforce best practices in a new trainer. Finally, given the diversity that makes up the population at CLC, I was able to train a wide variety of individuals with a wide variety of personal goals and fitness levels. I would highly recommend it for anyone coming through the program!"* Rebecca Atkinson, ACSM, Personal Trainer

If you have any questions, please feel free to contact us anytime.



**Joana Pabedinskas, PhD, CSCS, NBC-HWC**

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**Lisa Aguilar, MA, LMT, CWP**

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# College of Lake County

## The HWP Residency Program

### Program Eligibility Requirements and Guidelines

1. Graduation from at least one of the following programs with a cumulative grade point average of 2.75 or higher:
  - AAS in HWP
  - Certificate in Massage Therapy
  - Certificate in Health and Wellness Coaching
  - Certificate in Personal Training
2. Proof of professional liability insurance with CLC listed as additionally insured. Must consist of a policy of no less than \$1,000,000.00 per incident and \$3,000,000.00 annual aggregate (**by or before the start of your Residency**).
3. Current certification and/or licensure as follows (**by or before the start of your Residency**):

<b>Residency:</b>	<b>Required Credentials (by or before the start of your Residency):</b>
Massage Therapy	Illinois License and CPR
Health and Wellness Coaching	CLC Health and Wellness Certificate and CPR (NBC-HWC Preferred)
Personal Training	Any one certification from ACSM, NSCA, or NASM and CPR
Strength and Conditioning	Any one certification from ACSM, NSCA, or NASM and CPR
Exercise Testing and RX	ACSM, NSCA, or NASM certification and CPR

4. Not currently employed in a related field more than 20 hours per week.
5. Willingness to invest at least ten hours per week to the promotion and administration of services.
6. A completed HWP Residency application.

### Application Submission Dates

<b>Residency Term</b>	<b>Application Submission Dates</b>
Applying for a Spring Residency	By finals week of prior semester (see website for dates).
Applying for a Summer Residency	By finals week of prior semester (see website for dates).
Applying for a Fall Residency	By finals week of prior semester (see website for dates).

Please send/drop off completed application and all required attachments to:

College of Lake County  
Attn: Lisa Aguilar  
Center for Health and Wellness Promotion  
1120 South Milwaukee Avenue  
Vernon Hills, Illinois 60061

# College of Lake County

## The HWP Residency Program Application

Residency Term (Check One):  Spring of 20\_\_\_\_  Summer of 20\_\_\_\_  Fall of 20\_\_\_\_

Name: \_\_\_\_\_  
Last First

Date: \_\_\_\_\_ CLC Student ID: \_\_\_\_\_

Best Phone #: \_\_\_\_\_ Best Email: \_\_\_\_\_

### Programs Completed (indicate semester and year for all that apply):

AAS in HWP  Certificate in Health and Wellness Coaching  
 Certificate in Massage Therapy  Certificate in Personal Training

Cumulative Grade Point Average: \_\_\_\_\_

### Residency of Choice (indicate your first choice with a "1" and your second choice with a "2" if applicable):

Massage Therapist  
 Health and Wellness Coach  Strength and Conditioning Specialist  
 Personal Trainer  Exercise Test Technologist

### Schedule Availability (write in all specific times available for each of the following):

<input type="checkbox"/> Monday mornings	<input type="checkbox"/> Monday Afternoons	<input type="checkbox"/> Monday Evenings
<input type="checkbox"/> Tuesday mornings	<input type="checkbox"/> Tuesday Afternoons	<input type="checkbox"/> Tuesday Evenings
<input type="checkbox"/> Wednesday mornings	<input type="checkbox"/> Wednesday Afternoons	<input type="checkbox"/> Wednesday Evenings
<input type="checkbox"/> Thursday mornings	<input type="checkbox"/> Thursday Afternoons	<input type="checkbox"/> Thursday Evenings
<input type="checkbox"/> Friday mornings	<input type="checkbox"/> Friday Afternoons	<input type="checkbox"/> Friday Evenings
<input type="checkbox"/> Saturday mornings	<input type="checkbox"/> Saturday Afternoons	<input type="checkbox"/> Saturday Evenings

List any dates/schedule conflicts that you are unavailable for the applicable semester:

In the space provided, please state why you believe you should be considered for Residency:

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**Do not write below this line – For Office Use Only!**

_____	cpr	_____
_____	cert's/lic's	_____
_____	certificate of insurance	_____
_____	diplomas	_____
_____		_____
_____		_____