Graduate Student Assistant Named UA Student Employee of the Year

Tyler Williams, a graduate student assistant with the Office of Health Promotion and Wellness, has won the 2014 University of Alabama Student Employee of the Year Award.

The award, from UA’s Department of Human Resources in coordination with the National Student Employment Association, recognizes individuals who best represent the contributions and achievements of students who work while attending UA.

Williams served as a student volunteer for the Office of Health Promotion and Wellness prior to his position as a graduate student assistant. In addition to the ownership and leadership of Project 180 and Strive for Five wellness programs for UA employees, Tyler is a Certified Personal Trainer and is currently pursuing his doctor of philosophy (Ph.D) in human performance with an emphasis in exercise science.

When asked why he enjoys what he does on a daily basis, Williams stated, “I have a great passion for helping other people achieve their health and fitness goals.”

Director of Health Promotion and Wellness for the University of Alabama, Rebecca Kelly, compliments Williams’ passionate commitment to advancing the health and well-being of others. Kelly explains that one of the best examples of Williams’ commitment is how he built, delivered and further developed the nutrition, fitness and wellness program, Project 180. The program identifies 18 faculty and staff and connects them with Tyler’s group training and health guidance over the course of 18 weeks - with the ultimate goal of improving overall fitness and wellness status.

“Tyler’s leadership and inspiration has helped to move individuals to a state of improved health and wellness,” said Kelly.

In a letter supporting Williams’ nomination for the award, Clay Davis with the Office of Testing and Technology Support Services described Williams’ tireless compassion for people as an inspiration to all those around him.

“Inspiration...That is what sets Tyler Williams apart from any other student employee,” said Davis.
Williams was recognized for his achievements along with all the nominees at a luncheon on Tuesday, April 15. Sponsored by the UA Department of Human Resources, the event was part of the University’s celebration of National Student Employment Week, April 14 – 18, 2014. The National Student Employment Association designates this week each year to recognize the essential role student employees play in the daily workings of colleges and universities across the country.

As the 2014 recipient of the UA Student Employee of the Year Award, Williams was presented with a $500 award from the UA Department of Human Resources, a merchandise certificate from the UA Supply Store and a class ring provided by Balfour. Williams will also represent UA in the southeast regional-level Student Employee of the Year competition.

A list of this year’s finalists and nominees can be viewed online at [http://financialaffairs.ua.edu/hr/student-employment/pages/SEOYNominees.html](http://financialaffairs.ua.edu/hr/student-employment/pages/SEOYNominees.html). For more information about UA Student Employment, go to [http://financialaffairs.ua.edu/hr/student-employment/](http://financialaffairs.ua.edu/hr/student-employment/).

The University of Alabama, a student-centered research university, is experiencing significant growth in both enrollment and academic quality. This growth, which is positively impacting the campus and the state’s economy, is in keeping with UA’s vision to be the university of choice for the best and brightest students. UA, the state’s flagship university, is an academic community united in its commitment to enhancing the quality of life for all Alabamians.