



# Wellness Peer position description

## Role overview

Wellness Peers help enhance campus wellbeing by sharing evidence-based health information and connecting students with health-related resources on and off campus. The Wellness Peers support students' wellbeing by promoting proactive wellness strategies to students so that they are able to better their academic and personal success.

## Organizational Relationship

The Wellness Peers work under the direct supervision of a Health Promotion Specialist (HPS) and receive direction from staff at Health Promotion and Education and/or Student Communications Services, depending on the team activity.

## Primary Functions

As a leader within the Wellness Peer Program, you should expect to:

**1. Deliver responsive service to fellow students by volunteering at the Wellness Centre on weekly shifts:**

This encompasses:

- Responding to student questions and engaging students in relevant, proactive conversations about student wellness
- Educating about safer sex products sold at the Wellness Centre, using a sex positive approach, and educating visitors about safer sex practices
- Sharing information about appropriate on-campus and off-campus resources to student visitors
- Reflecting on and practicing material discussed during training (see training section)
- Organizing and tidying the Wellness Centre space
- Appropriately logging student interactions
- Researching and enhancing knowledge of wellness topics that include sleep, stress management, sexual health, nutrition, mental wellbeing, mindfulness, etc. on weekly shifts at the Wellness Centre
- Working in collaboration with Health Promotion and Education professional staff to provide support for students
- Other duties as assigned

**2. Working effectively in specialized teams to help raise awareness and educate on wellness issues and appropriate resources among the student population:**



These teams respond to campus requests and support current initiatives happening on campus. While these teams are well-defined, the expectation is that all Wellness Peers will work collaboratively, where appropriate, to ensure an effective health education effort as part of the Wellness Centre. This will include activities such as animating the Wellness Centre space and surrounding area, participating in annual campaigns hosted by the Health Promotion and Education unit, providing support to professional staff, etc.

**All Teams:**

- Meet once a week for an hour to develop and practice skills and plan for activities, animations, etc.

**Specific teams may focus on some or all of the following:**

- Participating at campus events, as requested by various groups and partners by hosting booths, including Residence events, Wellness Fairs, Resource Fairs, etc.
- Promoting, participating and supporting efforts from Health Promotion and Education and Student Communications Services with events such as Thrive (late Oct/early Nov), Find Your Study Groove (last week prior to exams in December and April), Reach Out Campaign (ongoing), etc.
- Facilitating workshops requested by different undergraduate student groups and associations on campus and collecting feedback provided by the workshop attendees
- Preparing and editing wellness content for the workshops, including stress management, time management, and sleep, as needed, to effectively respond to the specific needs of student group
- Collaborating with other student groups on campus to address specific health and wellness needs by request and with direction from the HPS (topics may include sexual health, suicide awareness, nutrition, etc.)

**3. Role model outstanding student leadership on campus**

This encompasses:

- Embracing the role as an ambassador for student leadership and a representative of the Wellness Centre and the Health Promotion and Education unit
- Upholding UBC's Respectful Environment Statement as a responsible member of the UBC community
- Understanding the role that a Wellness Peer plays within a larger scope of leadership on UBC's Vancouver campus
- Promoting the Centre, wellness events, content, and resources through personal networks and seeking opportunities to collaborate with others

## Time commitments

### Important Dates

**Mandatory training for the 2019-2020 academic year:**

**Meet & Greet (a chance to meet existing Wellness Peers and meet the new Wellness Peer team for next year):** March 19th, 2019 (4:30-6:00pm)

**Spring Welcome Training:** Saturday March 23rd, 2019 – all day (time TBD)

**Wellness Centre Shadow Shifts:** Sign up for two separate 1-hr shadow shifts during April at a time that works for your schedule. This is an opportunity to observe and learn from current Wellness Peers.

**Core Wellness Training. Part 1:** Saturday, April 27<sup>th</sup>, 2019 - all day (time TBD)



**Summer Training:** Students will be provided with a book on the topic of wellness (TBD) and will be expected to reflect on it and discuss the content in the fall training sessions. Students are also expected to review and respond to monthly update emails.

**Peer Program Launch and Learn (student leadership development day for all Peer Programs):** Sunday September 1st, 2019 – all day (time TBD)

**Core Wellness Training. Part 2:** Saturday, September 7<sup>th</sup>, 2019 - all day (time TBD)

**Please note: If offered a position as a Wellness Peer, all training sessions are mandatory so that you can fulfill the responsibilities of the role. Successful applicants will be asked to clear their schedule of classes or other commitments during this time. Should you be unable to fulfill any aspects of the required training, you may be asked to withdraw from the program.**

## Regular Meetings

**Term 1:** Every Tuesday from 4:00 – 6:00 pm, beginning September 10 to Nov 26, 2019

**Term 2:** Every Tuesday from 4:00 – 6:00 pm, beginning January 7 to March 31, 2020

## Weekly Commitment

The Wellness Peer program expected commitment is from March 19<sup>th</sup>, 2019 - April, 30<sup>th</sup> 2020.

A minimum contribution of 6 hours is expected from volunteers as follows:

- 2 hours of staffing the Wellness Centre
- 1-3 hours of team-specific responsibilities (typical would be 1 hour but this may vary depending on the time of the year in consultation with the coordinator)
- 1 hour weekly team meeting
- 2 hours of mandatory training (Tuesdays 4:00-6:00 pm)

**Please note: This position is best suited to experienced students who are seeking a long-term commitment as a volunteer. Preference in terms of selecting candidates will be given to students who can commit two years as a Wellness Peer.**

## Desired skills and experience

All candidates who demonstrate an interest in learning about physical and mental health and wellbeing will be considered.

- Previous experience interacting with people in a customer service or assisting role, either paid or volunteer is an asset
- Willingness to learn new topics and ideas, to grow personally and professionally
- Demonstrates interest in student wellbeing, research and theory
- Demonstrates strong written and verbal communication skills
- Enthusiasm for leadership responsibilities at UBC
- Ability to balance and manage multiple priorities throughout the school year, while maintaining good academic standing
- Flexible and open to change and new ideas
- Ability to take initiative and engage in creative problem solving
- Ability to apply knowledge into practical skill development



- Ability to effectively work independently and in a team setting
- Considers the diversity of audiences when promoting wellness

## Benefits of participating in this role

Wellness Peers will be trained in relevant health and wellness topics and will be expected to learn and practice skills as a peer helper and a student leader. Some of these specific topics include sexual health, consent, sexual assault, mental health, supporting students in distress and suicide prevention. Skills developed may include active listening, boundary setting, professional vs. personal interactions, customer service and more.

- Gain skills in health promotion, health education and communication
- Gain interpersonal skills and communication skills
- Develop leadership skills and build confidence as a student leader
- Get training in specific issues relating to student health and wellbeing
- Engage with other student volunteers who are also interested in promoting health and wellness
- Gain job-related skills and experience needed for academic programs
- Form new relationships on campus and be better connected to the UBC community
- Receive ongoing support and guidance from professional UBC staff

*An open and diverse community fosters the inclusion of voices that have been underrepresented or discouraged. We highly encourage applications from members of groups that have been marginalized on any grounds including sex, sexual orientation, gender identity or expression, racialization, disability, political belief, religion, marital or family status, age, and/or status as a First Nation, Metis, Inuit, or Indigenous person.*

Throughout my time with the Wellness Peers, I've learned how to become a better listener, how to care for my friends, and most importantly, the importance of self-care and empathy. The Wellness Peers program has so many amazing and caring people who make you feel valued and the training you get teaches you valuable life skills.

-Mai, current Wellness Peer

I LOVE the Wellness Peers. It's honestly a program that has changed my life, in not only knowing how to better support others, but how to better support myself. This opportunity has allowed me to really discover my passion in helping others, and has introduced me to a wonderful community at UBC. I love knowing that by being in this program, it's also made me a person my friends can feel comfortable confiding in, entrusting that I can and will support them. It's great! I love it!

-Mel, current Wellness Peer

## Contact information for questions

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