Peer Health Educators 2020-2021

position description

Peer Health Educators are trained student leaders who play a key role in the delivery of programming at the UBC Wellness Centre and on the UBC Vancouver campus.

Using a peer-to-peer approach, Peer Health Educators share evidence-based health and wellness information through on-campus outreach and education in the form of workshops, booths, events, and campaigns.

The Peer Health Educators work under the direction of professional staff in the Health Promotion and Education unit.

Primary Functions

1. Raise awareness and provide information and education on wellness issues relevant to the UBC student population:
   - Participate at campus events as requested by various groups and partners by hosting booths, i.e. at Residence events, Wellness Fairs, Resource Fairs, etc.
   - Participate in and support campus-wide health campaigns such as Orientations, Thrive, Sexual Assault Awareness Month, Move UBC, Bell Let’s Talk, Reach Out, Nutrition month, etc.
   - Facilitate wellness workshops for student groups by request.
   - Share information about wellness resources for students through workshops, outreach and events.
   - Collaborate with other UBC departments, units, or student groups with direction from the Health Promotion & Education team to address specific health and wellness needs.
   - Organize and host holistic and inclusive wellness events for students out of the Wellness Centre, i.e. Wellness lounges, fireside chats, interactive learning activities.
   - Research and prepare educational materials such as displays, tip sheets, or other resources.

2. Role model outstanding student leadership on campus
   This encompasses:
   - Embrace the role as an ambassador for student leadership and a representative of the Wellness Centre and the Health Promotion and Education unit.
   - Uphold UBC’s Respectful Environment Statement as a responsible member of the UBC community.
   - Understand the role that Peer Health Educators play in working towards the goals of the Wellbeing Strategic Framework.

Time commitments

Mandatory training for the 2020-2021 academic year:

Meet & Greet: March 24th, 2020 (4:30-6:00pm)
Spring Welcome Training: Saturday March 28th, 2020 – all day (time TBD)
Core Wellness Training. Part 1: Thursday, April 30th, 2020 - all day (time TBD)
Summer Online Training: to be completed via Canvas
Launch and Learn (student leadership day for all Peer Programs): Sept 6th, 2020 – all day (time TBD)
Core Wellness Training. Part 2: Saturday, September 12th, 2020 - all day (time TBD)

Please note: All training sessions are mandatory. Successful applicants are asked to clear their schedule of all 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.

Weekly Commitment

The Peer Health Educator program expected commitment is from March 24th, 2020 - April 30th, 2021.

A minimum contribution of 5.5 hours is expected from volunteers as follows:

- 1 hour per week planning and preparation for events and activities
- 3 hours per week outreach and education duties
- 90 minute weekly training and team meeting

Regular Meetings

Term 1: Every Wednesday from 4:00 – 5:30 pm, beginning September 9 to Dec 2, 2020
Term 2: Every Wednesday from 4:00 – 5:30 pm, beginning January 6 to April 8, 2021

Aside from the required training on Wednesdays, Peer Health Educators will be able to sign up for events and outreach based on their schedules and availability. Events and outreach will happen at the Wellness Centre and across campus and can take place during the day, in the evenings, and weekends.

Desired skills and experience

- Demonstrates interest in student health and wellbeing
- Demonstrates strong interpersonal and communication skills
- Previous experience with event coordination, and/or workshop facilitation, booting, or resource development
- Previous experience or familiarity with a relevant health topic for students (ie. Sexual health, nutrition, time management, mental health literacy, physical activity, sleep, etc.)
- Considers the diversity of audiences when promoting wellness
- Ability to balance multiple priorities while maintaining good academic standing
- Flexible and open to change, and receptive to constructive feedback
- Ability to take initiative and engage in creative problem solving
- Ability to effectively work independently and in a team setting

Benefits of participating in this role
Peer Health Educators will be trained in relevant health and wellness topics and will be expected to learn and practice skills as a student leader.

- Gain skills in effective health education approaches in a post-secondary environment
- Develop communication skills related to public speaking and workshop facilitation, and event planning and coordination skills
- Receive training in specific issues relating to student health and wellbeing
- Understand the range of wellbeing resources and services available for students at UBC.
- Develop greater understanding about diverse perspectives and experiences related to student life and wellbeing
- Form new relationships on campus and be better connected to the UBC community
- Practice job-related skills and experiences that can complement academic programs and support career exploration
- Receive ongoing support, guidance, and feedback 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.