Peer Health Educators 2021-2022 Volunteer Position Description

The Wellness Centre envisions UBC to be a flourishing community where students develop their capacity to lead healthier lives. Our mission is to create and facilitate opportunities for students to be part of a healthy university community, to learn health-based skills, and to develop their leadership for a healthier campus. The Peer Health Educators are a volunteer program run out of the Wellness Centre to contribute to this mission.

Peer Health Educator Overview

Through weekly training sessions, Peer Health Educators will learn about education and wellbeing topics relevant for students, develop and practice skills of presenting and facilitating for diverse groups, contribute to annual wellbeing campaigns and events, and expand their understanding of equity and inclusion practices.

Join a diverse community of fellow student volunteers who share your interest in health & wellness and work together to give back to the UBC student community. Learn from the professional Health Promotion & Education staff through ongoing support, education and feedback. Find out what health education is all about!

Equity Statement:

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.

COVID-19 Realities

Due to the ongoing impacts of the COVID-19 pandemic, the details of this role may change during the planning process for the 2021/2022 academic year. We anticipate that this role will begin virtually. There may also be both in-person and virtual components in 2021W Term 1 and 2, depending on provincial safety measures and the university’s approach to learning throughout the academic year. If you have questions about what this might look like, including your individual circumstances for the 2021/2022 academic year, please contact the program advisor.

What You’ll Be Doing:

1. Lead skill building sessions with campus groups to help UBC students develop wellbeing habits on the following topics such as sleep, mental health, nutrition, social connection and more.
2. Join a sub-committee to contribute to communications, digital outreach, event planning, monthly programming and/or operations. The committees will meet on a weekly basis.

These teams respond to campus requests, support the PHE team and support current initiatives happening on campus. Previous examples have included things like the mental health book club, writing blog posts for our Canvas course, or presenting at wellbeing events with other departments.

3. Role model outstanding student leadership on campus

This includes:

- Embrace the role as an ambassador for student leadership and a representative of the Wellness Centre and the Health Promotion and Education unit on campus.
- Uphold UBC’s Respectful Environment Statement as a responsible member of the UBC community.
- Actively contribute to anti-racism, equity, diversity and inclusion work through this role.

Time commitments:

Mandatory training for the 2020-2021 academic year:

Summer Online Training: Canvas content and other program readings to be completed between mid-June and September 2021. Canvas content includes Community Building Education, and 3 additional modules. These will be reviewed at the Core PHE Training in September.

Deadline to complete these modules on Canvas is September 11, 2021.

Core PHE Training:

Part 1: Saturday, September 11, 2021 - 9 am - 12 pm (PT)

Part 2: Saturday, September 18, 2021 - 9 am - 12 pm (PT)

Part 3: Saturday, January 8, 2022 - 9 am - 12 pm (PT)

Please note: Attendance at all training sessions is 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.

Term Weekly Commitment

The Peer Health Educator program’s expected commitment is from the end of June 2021 - April 30th, 2022.
Beginning in September, a minimum contribution of 5 hours per week is expected from volunteers as follows:

- **90-minute weekly training**
  
  **Term 1**: Every Wednesday from 4:30 – 6:00 pm, beginning September 8 to Dec 1, 2021
  
  **Term 2**: Every Wednesday from 4:30 – 6:00 pm, beginning January 12 to April 6, 2022

- **60-minute weekly committee meeting** planning and preparation for events and activities with your team (time based everyone’s availability).

- **Additional 20 hours per term** of education, presentation and facilitation duties. These hours are variable and will become available for sign up based on event and outreach schedules and times. Events and outreach will happen online and can take place during the day, in the evenings, and weekends. Dependent on public health orders, there may be opportunity for some in-person activities as well.

**Desired Skills and Strengths:**

- Interested in student health and wellbeing
- A desire to learn and practice presenting and facilitation skills
- Flexible and open to change and receptive to constructive feedback
- Strong organizational and time management skills
- Enjoys meeting new people and leading groups
- Enjoys working collaboratively with others on projects
- Identifies as a self starter and has a wish to develop new skills through experiential learning