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 the 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. Deliber 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 the following 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.

Workshops Team
This encompasses:
- Meeting once a week to develop and practice workshop facilitation skills and provide and receive feedback on one another’s facilitation skills
- Facilitating workshops requested by different undergraduate student groups and associations on campus
- 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
- Collecting and recording feedback provided by the workshop attendees

Outreach Team
This encompasses:
- Meeting once a week to practice outreach interactions, plan upcoming booths, and participating in partnered events in and outside of the Wellness Centre
- Participating at campus events, as requested by various groups and partners by hosting booths, including Residence events, Wellness Fairs, Resource Fairs, etc.
- Promoting health-related resources on campus, including the Wellness Centre, at major campus-wide events such as Orientations, Stress Less for Exam Success, Mental Health Symposium and Thrive
- Promoting, participating and supporting efforts from Health Promotion and Education and Student Communications Services with events such as Thrive (Oct 29th- Nov 2nd, 2018), Stress Less for Exam Success (last week prior to exams in December and April), Suicide Awareness Day (end of January 2019), etc.
- Collaborating with other student groups on campus to address specific health and wellness needs by request and with direction from the HPS

Graduate Team
This encompasses:
- Meeting once a week to check in on ongoing projects, develop program-related skills, such as workshop facilitation skills, outreach interaction skills, and blog writing skills, and collaborate with other campus stakeholders
- Working with the Outreach team to respond and participate at campus events as requested by various groups and partners, including “Let’s Talk about Sex” Residence events, Wellness Fairs, Resource Fairs, etc.
- Promoting health-related resources and graduate student wellbeing at major campus-wide events such as Graduate Student Orientations, Graduate Student Society events, Stress Less for Exam Success, and Thrive
- Working to develop content from a graduate student perspective for Student Communications
- Promoting, participating and supporting efforts from Student Health Service and Student Communications Services with a graduate student audience in mind, specifically regarding events such as Live Well to Learn Well campaign, Thrive (Oct 29th- Nov 2nd, 2018), Stress Less for Exam Success (last week prior to exams in December and April), Suicide Awareness Day (end of January 2019), etc.
- Creating, when needed, and staffing booths with engaging activities that educate graduate students on various wellness topics
- Tailor workshops to graduate student audience and facilitate workshops by request made by different associations on campus for graduate students
• Developing partnerships with other student groups and staff units on campus to address specific graduate student health and wellness needs

**Sexual Health & Healthy Relationships Team**
This encompasses:
• Meet weekly to train on best practices for outreach and workshops
• Responding and participating at cross-campus events as requested by various groups and partners, including “Let’s Talk about Sex” Residence events, Wellness Fairs, Resource Fairs, etc.
• Facilitating workshops by request made by different groups on campus
• Supporting events and booths at campaigns including the Consent Campaign (2nd week of September) and Sexual Assault Awareness Month (January)
• Collaborating with other student groups on campus to address specific sexual health & healthy relationships education needs by request and with direction from the Health Promotion and Education professional staff

**Suicide Awareness Team**
This encompasses:
• Meet weekly to train on best practices for outreach surrounding suicide awareness
• Participating at campus events as requested by various groups and partners by staffing booths with engaging activities that educate students on suicide, myths, facts and community resources
• Promoting health-related resources on campus and the message of Reaching Out
• Promoting, participating and supporting efforts from Health Promotion and Education and Student Communications Services with events such as Thrive (Oct 29th- Nov 2nd, 2018), Stress Less for Exam Success (last week of classes before exams in December and April) Suicide Awareness Day (end of January 2019), Mental Health Symposium, etc.
• Identify a team member to attend regular Suicide Awareness Working Group meetings and to participate in the planning and implementation of the Campaign
• Participate as a key volunteer group in the annual Suicide Awareness Day for 2019
• Participate in additional suicide prevention and intervention specific training opportunities as they arise

**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
• Having the opportunity to represent the Wellness Peers as a Peer Programs Ambassador
  o This role connects with fellow senior student leaders in other peer programs to create recognition and a sense of community for all Peer Programs students
  o Students will join this team at the discretion of the supervisor

**Time commitments**

**Important Dates**

**Mandatory training for the 2018-2019 academic year:**
Meet & Greet (a chance to meet existing Wellness Peers and meet the new Wellness Peer team for next year): March 20, 2018 (4:30-6:00pm)

Spring Welcome Training: Saturday March 24th, 2018 – 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: Thursday, April 26th, 2018 - 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 2nd, 2018 – all day (time TBD)

Core Wellness Training. Part 2: Saturday, September 8th, 2018 - 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.

Weekly Commitment

The Wellness Peer program expected commitment is from March 20th, 2018 - April, 30 2019. A minimum contribution of 6 to 8 hours per week (80 hours per term) is expected from volunteers as follows:

- 2 hours of staffing the Wellness Centre
- 1-3 hours of team-specific responsibilities (may vary depending on the time of the year)
- 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

This role has fostered a deeper connection to my university community. I feel that I have a role at UBC that allows me to lend a helping hand to students. The Wellness Peers has allowed me to explore my interests in health and wellbeing topics while building my leadership and communication skills. Because of this role, I feel that I am more confident in my abilities as a student leader.

-Gavin, current Wellness Peer

I'm so proud to be part of a community of student leaders who genuinely care for one another and works hard to share this kindness with all students on campus.

-Ashley, current Wellness Peer

Contact information for questions

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