

Volunteer Posting: UTM Wellness Ambassador 2017-18

UTM WELLNESS AMBASSADORS

a peer wellness education program of the



Program Overview:

Peer health education is as an integral component of the student outreach efforts of the UTM Health & Counselling Centre. The *UTM Wellness Ambassadors Program* provides students with information, tools, and resources to empower them to make healthy choices in support of their personal and academic goals; and supports the development of healthy systems and structures that encourage and foster student health and well-being on campus. The UTM Wellness Ambassadors Program encompasses over 100 Volunteer & Work-Study students who participate in one of the following four teams: **Physical Health, Mental Health & Safety, Leave the Pack Behind (Tobacco Cessation), and Outreach & Special Events.**

Role Overview:

Volunteering as a UTM Wellness Ambassador will provide you with the opportunity to participate in a program that not only promotes student and campus wellness, but also allows you to develop skills in leadership, teamwork, communication, project management, and more. In addition, you'll become part of a community of like-minded and dedicated people who share a passion for enhancing and enriching the UTM student experience.

UTM Wellness Ambassadors can choose to participate in one of two program streams: (1) Education or (2) Outreach.

- **Stream (1): Education (applications now closed).** The health education teams – Physical Health, and Mental Health & Safety – are responsible for the development and delivery of peer health education events and initiatives on campus, specific to their respective health topic area. Each team consists of 10 volunteers plus a Team Lead and Program Assistant. Given the smaller team sizes, members work closely together over the course of the academic year and meet on a weekly basis. There is also a minimum weekly volunteer commitment for these teams at *5 hours per week*.
- **Stream (2): Outreach.** The Outreach & Special Events Team is responsible for the ongoing promotions and outreach for the program (via educational booths, walkabouts, class announcements) and staffing major campus events during the year (e.g., UTM Exam Jam, GLICE Skate Event, YOLO Pub Night). The Outreach & Special Events Team consists of over 50 volunteers plus a Team Lead and Program Assistant. In contrast to the education teams, there is *no weekly time commitment* for this team, and members can choose to volunteer as often or as little as their schedule permits. However, for students interested in receiving a CCR credit, they must attend a full volunteer orientation, volunteer a minimum of hours (15, 30 or 45), and complete a written reflection of their volunteer experience.

Key Responsibilities:

- Developing and staffing health education displays on campus;
- Collecting, developing and distributing health education materials;
- Assisting in the coordination of health promotion events on campus;
- Participating in campus orientation events and resource fairs;
- Collecting statistics regarding the reach of health education programming for the purpose of program evaluation;

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- Facilitating interactive workshops on self-care and wellness;
- Referring students to on and off campus resources;
- Liaising with campus and community partners in the development of health education initiatives;
- Representing the Health & Counselling Centre and the University of Toronto Mississauga, in a respectful, professional and inclusive manner; and
- Performing additional relevant duties and tasks as designated by the Health Education Coordinator.

Co-curricular Record Competencies developed:

- Health Promotion
- Project management
- Leadership
- Teamwork
- Communication
- Professionalism

Commitment & Remuneration:

- Compensation: Co-Curricular Recognition (CCR)
- Up to 5 hours per week (August 2017 – April 2018)
- **Incumbents MUST be available for mandatory training at the specified date and time**

Job Requirements:

- Must be a University of Toronto Mississauga student enrolled during the 2017/18 academic year and be in good academic standing
- Interest in promoting student health and wellbeing
- Knowledge of campus and resources
- Excellent oral and written communication skills
- Strong time management and organizational skills
- Appreciation of diversity issues and respect for individual choices
- Knowledge of Microsoft Office

Method of Application:

Please complete and submit the UTM Wellness Ambassador Application Form via Google Forms.

Application Deadline: Wednesday, September 27, 2017 11:59 EST

Contact Information:

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