



## Wellness & Health Awareness Team (W.H.A.T.) Peer Helper Position Description Winter 2024

<b>Position Title:</b>	<b>WHAT Peer Helper</b>
<b>Department:</b>	<b>Student Wellness Services</b>
<b>Term:</b>	<b>Winter 2024</b>
<b>Hours:</b>	<b>2 – 4 hours/week</b>
<b>Length of Position:</b>	<b>January 17 – April 9, 2024</b>
<b>Number of Positions:</b>	<b>9</b>

*This is a competitive student leadership volunteer opportunity open to all University of Calgary students.*

### **POSITION DESCRIPTION**

Are you passionate about health and wellness?

Do you work to create a healthy campus community here at the University of Calgary?

The Wellness & Health Awareness Team (WHAT) is currently seeking Peer Helpers for the upcoming Winter 2024 semester. We can offer you a fun, flexible and meaningful opportunity to get involved on campus and have an impact on the health and wellbeing of your peers. Being a WHAT peer helper will provide you with the opportunity to develop your personal and professional skills. You will be able to participate in various training opportunities throughout the year (on topics such as sexual health, mental health, nutrition & physical activity) and will also gain practical skills in the areas of public speaking, communication and event planning. WHAT peer helpers are fully supported by the Student Wellness Services staff, peer helper team leaders and their fellow peer helpers.

For more information on the WHAT and what we do, please visit our [website](#).

### **TASKS AND RESPONSIBILITIES**

Based on the Student Wellness Services' strategic framework of "Creating a Healthy Campus Community", WHAT peer helpers typically focus their work in several key areas:

- Educating University of Calgary students (via presentations, booths, health fairs and the WHAT Mobile Cart) about important topics like mental health, sexual health, alcohol, nutrition, physical activity and more

- Planning and participating in campus-wide programs and events such as UFlourish (Mental Health Awareness Weeks), Sexual and Gender Wellness Week, Exam Support, etc.
- Offering support for other 'one-off' opportunities such as for alcohol awareness activities, speakership series events etc.
- Utilizing social media opportunities (i.e. Facebook, Twitter, blogs, YouTube) to engage students around health and wellbeing
- Planning and hosting wellness and social events (i.e. online games, crafts) to provide the opportunity for students to connect and reduce loneliness
- Other ideas and creative suggestions are welcomed!

**\*Important Note\*** WHAT peer helpers provide educational and awareness opportunities. WHAT peer helpers do not provide counselling or health advice to students, but all students will receive training on how to properly refer peers who are seeking help or advice.

## COMMITMENT

- Complete a minimum of 10 hours of volunteering per month
  - During busy periods or leading up to events/activities, the hours per week may increase (but we try to be flexible with student's schedules)
- In addition to a minimum of 10 hours of volunteering per month, the attendance of following meetings and training is required. Please note that applicants who cannot attend the required training and meetings will not be able to volunteer during the fall 2023 semester and will be asked to re-apply in the winter 2024 semester.
  - Attend the WHAT Peer Helper Orientation on **Wednesday, January 17th, 6 – 8 p.m.** online
  - Attend three monthly team meetings per semester, which will be a mix of in-person and virtual
    - Fall Meeting 1: **Wednesday, January 24th, 5:30 p.m. – 7:30 p.m. (in-person)**
    - Fall Meeting 2: **Wednesday, February 7th, 5:30 p.m. – 7:30 p.m. (location TBD)**
    - Fall Meeting 3: **Wednesday, March 6th, 5:30 p.m. – 7:30 p.m. (location TBD)**
- Participate in a one-on-one, mid-semester check-in with a team leader
- Sign-up for activities and log volunteer hours on MyImpactPage
- Complete **Volunteer Occupational Health & Safety Orientation (mandatory for everyone before volunteering)** Under the new *OHS Act, Regulations and Code*, all volunteers at the UCalgary are required to complete this orientation only one time for any volunteer activities on campus.
- WHAT peer helpers are strongly recommended to attend “The Inquiring Mind”, “QPR Training” and “Helping Skill” workshops during their time as a Peer Helper for the WHAT.
- A commitment for the entire semester is necessary

## QUALIFICATIONS

- Respect for diversity in its broadest sense, including gender identity, sexual orientation, ethnicity, race, faith, age, and ability
- Demonstrated professionalism, maturity and good judgment
- Excellent oral and written communication skills

- In good academic standing
- Proficiency in Microsoft Word, Excel and PowerPoint (or Pages and Keynote)
- Have experience working with student groups.
- As the Peer Helper Program is meant to enhance the student experience and supplement academic learning, all Peer Helpers must demonstrate their ability to balance their academics with their extracurricular commitments, and must be in good academic standing
- Registered in courses in good conduct standing for non-academic misconduct at the University of Calgary
- Good familiarity with the University of Calgary community (i.e. student services, academic integrity policies, etc.)
- Comfortable with approaching and connecting with other students
- Group facilitation experience would be an asset
- **Ability to make a full commitment as a WHAT Peer Helper**

### **BENEFITS**

- Enhance and strengthen your holistic experience on campus by developing a sense of belonging
- Meet new people, make new friends and develop professional contacts as part of an amazing community
- Develop your leadership and interpersonal skills through valuable training and experience
- Add a WHAT position to the University of Calgary's [Co-Curricular Record](#)
- Improve your knowledge of mental health and wellbeing on campus and in the larger community
- Develop a passion for helping others and getting involved

### **EMPLOYABILITY SKILLS**

- **Communication Skills:** Gain public speaking, presentation and group facilitation skills
- **Teamwork Skills:** Develop skills in understanding group dynamics, engaging in dialogue with others who approach learning, work and world issues differently, and event/project management
- **Personal Management Skills:** Learn how your strengths help you succeed, and how to be adaptable in different settings. You will also have the opportunity to work on learning goals in this position using the SMART model

### **PEER HELPER PROFESSIONAL DEVELOPMENT**

The [Peer Helper Program](#) at the University of Calgary is made up of over 300 students every year, who are involved in 19 different on-campus offices. Part of being a Peer Helper involves ongoing professional development.

### **CONDUCT STATEMENT**

This position requires students to be in good conduct standing for non-academic misconduct. Students who are not in good conduct standing have an active sanction of "*Probation for Non-Academic Misconduct*" that has been assigned through formal conduct proceedings per the Non-Academic Misconduct Policy. Students are informed in writing of the sanction by the Student Conduct Office. *Note:*

Involvement in the Non-Academic Misconduct process does not automatically mean a student is not in good conduct standing; this applies only to those students who have been assigned the sanction of Probation for Non-Academic Misconduct. If you have been found responsible of a violation of the Non-Academic Misconduct Policy and you are unsure if you have received this sanction, please contact [conduct@ucalgary.ca](mailto:conduct@ucalgary.ca). Please note that in submitting your application, you are verifying that you are in good conduct standing and consent to this being verified by the Student Conduct Office. Note that details of non-academic misconduct cases are not shared through this process.

### **APPLICATION PROCESS**

For new peer helpers:

To apply, please submit an online peer helper application form from a link on the [website](#) by **Thursday, January 11th at 3 p.m.** Selected candidates will be invited for a group interview.

For returning peer helpers:

If you have been accepted and volunteered as a WHAT peer helper in the past and want to return as a peer helper, please send an email to [communityhub@ucalgary.ca](mailto:communityhub@ucalgary.ca) and request a link for a WHAT returning peer helper confirmation form. The deadline to submit a returning confirmation is **Thursday, January 11th at 3 p.m.**

### **ABOUT THE STUDENT WELLNESS SERVICES**

The [Student Wellness Services](#) provides integrated and expanded health, health promotion, and wellness services to the University of Calgary community and its surrounding area. The population served includes approximately 40,000 students, staff, and external clients. Student Wellness Services provides and supports the physical and mental well-being of its clients within a supportive and inter-professionally collaborative model.