



**Student Wellness Services  
Wellness Peer Education Team  
Peer Helper Position Description – Winter 2025**

<b>Position Title:</b>	<b>Wellness Peer Education Team Peer Helper</b>
<b>Department:</b>	<b>Student Wellness Services</b>
<b>Term:</b>	<b>Winter 2025</b>
<b>Hours:</b>	<b>8 hours per month</b>
<b>Length of Position:</b>	<b>January 25 – April 11, 2025</b>
<b>Number of Positions:</b>	<b>5 - 7</b>

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

**POSITION DESCRIPTION**

The Wellness Peer Education Team delivers 5-minute presentations that instructors can request to have at the start of their classes. Presentations are designed to highlight the importance of specific themes, teach a specific strategy relevant to the topic, and provide information about relevant campus resources and support. During the presentations, peer helpers also share their experiences as students which normalize experiences with mental health and academic challenges and promotes help-seeking.

5-minute wellness presentations (topics below), including the PowerPoint slides and scripts, were developed by Student Wellness Services, the Community Mental Health and Well-Being Strategy and other campus offices, such as the Student Success Centre and the UCalgary Recovery Community.

- Managing Burnout
- Practicing Self-Compassion
- Mindfulness for Stress Management
- Overcoming Perfectionism
- Prioritizing Wellness
- Setting Realistic Expectations
- Strategies for Exam Anxiety
- Addiction and Recovery
- Making Positive Behavioral Changes

The Wellness Education Program, previously known as the Wellness Classroom Visits Project, is a collaboration between Student Wellness Services and the [Community Mental Health & Well-Being Strategy](#), with support from other campus partners. Since the program commenced in early October

2021, it has received positive feedback from students and faculty and had great uptake with over 400 undergraduate and graduate classes visited, amounting to over 23,000 students.

### TASKS AND RESPONSIBILITIES

- Facilitate 5-minute classroom presentations. Peer Helpers co-facilitate presentations in pairs with other peer helpers.
- Attend an orientation & training session where you will learn about content of these wellness visits and have the opportunity to practice
- Attend monthly team meetings
- Be in communication with the project assistant about classroom visits
- Log your hours on MyImpactPage

*\*Important Note\** The Wellness Education Team Peer Helpers provide educational and awareness opportunities. They 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 8 hours of volunteering per month
  - o Volunteer hours include learning presentation content and preparing for visits, meeting with other volunteers to plan and practice, showing up early to visits to find the classroom location, let the project assistant know you have arrived to the classroom, facilitating presentations, checking in with supervisors as needed, and attending orientation and team meetings.
  - o Please note that this position does not have a set schedule, as it is dependent on the requests from instructors for visits. We collect general weekly availability from Peer Helpers and then assign classroom visits based on that. Due to this, your schedule varies week to week, but notice is in advance.
- 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 Winter 2025 semester and will be asked to re-apply the following semester.
  - o Attend **three team meetings per semester**, which will be in-person:
    - **Meeting #1 (Orientation & Training):** Saturday, January 25, 1 - 4p.m.
    - **Meeting #2:** Tuesday, March 4, 5 - 6:30 p.m.
    - **Meeting #3:** Tuesday, April 8, 5 - 6:30 p.m.
- Participate in a mid-semester and ongoing check-ins with a project assistant
- 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.
- Sign the mandatory Student Wellness Services agreement on MyImpactPage
- A commitment for the entire semester is necessary

### QUALIFICATIONS

- Completed a minimum of one year of an undergraduate degree

- Demonstrated professionalism, maturity and good judgment
- Excellent oral communication skills
- Time management skills
- Public speaking experience would be an asset
- Comfortable with approaching and connecting with other students
- Respect for diversity in its broadest sense, including gender identity, sexual orientation, ethnicity, race, faith, age, and ability
- Good familiarity with the University of Calgary community (i.e. student services, academic integrity policies, etc.)
- 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
- In good academic standing
- Registered in courses in good conduct standing for non-academic misconduct at the University of Calgary
- **Ability to make a full commitment as a Wellness Education Team member**

#### **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
- 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 and presentation skills
- **Teamwork Skills:** Develop skills in understanding group dynamics, engaging in dialogue with others who approach learning, work and world issues differently
- **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.

If you are currently involved in a non-academic misconduct process, or have been found responsible for a violation of the Student Non- Academic Misconduct Policy and you are unsure of your conduct standing, please contact [conduct@ucalgary.ca](mailto:conduct@ucalgary.ca) to verify your status. More information is available at: [www.ucalgary.ca/student-services/student-conduct/faq](http://www.ucalgary.ca/student-services/student-conduct/faq)

Please note that in submitting your application, you are verifying that you are in good conduct standing and you 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 9, 4 p.m. (MDT). Selected candidates will be invited for a group interview.

### **For returning peer helpers:**

If you have been accepted and volunteered as a Wellness Education peer helper (previously known as Wellness Classroom Visits) 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 returning peer helper confirmation form.

## **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.