



Wellness Classroom Visits Program Peer Helper Position Description Winter 2024

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| Position Title: | Wellness Classroom Visits Program Peer Helper |
| Department: | Student Wellness Services |
| Term: | Winter 2024 |
| Hours: | 8 hours per month |
| Length of Position: | January 17-April 9 |
| Number of Positions: | 7 |

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

POSITION DESCRIPTION

Wellness Classroom Visits Program Peer Helpers deliver 5-minute presentations that instructors can request to have at the start of their classes. Wellness Classroom Visits are designed to highlight the importance of specific theme, teach a specific strategy relevant the topic, and provide information about relevant campus resources and support. During the presentations, peer helpers also share their experiences as a student which normalizes experiences with mental health and academic challenges and promotes help seeking.

5-minute wellness tip presentations including the PowerPoint slides and scripts were developed by the Teaching and Learning Sub-committee of the [Campus Mental Health Strategy](#), Student Wellness Services and Student Success Centre. Examples of presentation topics include:

- Preventing Burnout
- Creating a Self-Care Plan
- Practicing Self-Compassion
- Managing Procrastination
- High Impact Study Strategies: Self-Testing
- Coping with Imposter Syndrome

Wellness Classroom Visits Program is a collaboration between Student Wellness Services and the Campus Mental Health Strategy Teaching & Learning Committee, 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 approximately 345 undergraduate and graduate classes visited, amounting to over 19,000 students.

We are excited to continue and expand this project in the 2023 - 2024 academic year, with the support from SU Quality Money.

TASKS AND RESPONSIBILITIES

- Conduct the Wellness Classroom Visits presentations. Peer Helpers co-facilitate presentations in pairs with other peer helpers.
- Attend a training session where you will learn the content of these wellness visits and have the opportunity to practice
- Fill out the post-presentation feedback form

Important Note Wellness Classroom Visits Program 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, facilitating presentations, filling out a post-visit survey, 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 visits to Peer Helpers 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 2024 semester and will be asked to re-apply in the Fall 2024 semester.
 - o Attend the **Wellness Classroom Visits Peer Helper Orientation** on either Wednesday January 17, 5 –6 p.m. or Thursday January 18, from 5 – 6 p.m., online
 - o Attend **three team meetings per semester**
 - Fall Meeting 1: Thursday, January 25, 5 – 6:30 p.m.
 - Fall Meeting 2: Thursday, February 29, 5 – 6:30 p.m.
 - Fall Meeting 3: Thursday, April 4, 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.
- 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
- 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 Classroom Visits 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 Wellness Classroom Visits Peer Helper 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 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. 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. 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 Wellness Classroom Visits peer helpers: To apply, please submit an online peer helper application form found at [this link](#) 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 Wellness Classroom Visit peer helper in the past and want to return as a peer helper, please send an email to communityhub@ucalgary.ca and request a link for a Wellness Classroom Visits 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.