

Office of Wellness Promotion Volunteer

Job Description

Wellness Volunteers assist the Office of Wellness Promotion Peer Educators in the planning, implementation and evaluation of health education programs. Each volunteer will work as part of a team with their Peer Educator mentors throughout the semester. You will create original programming based on given wellness-related themes, in addition to presenting certain stock programs.

Expectations & Duties

As a Wellness Volunteer, you will be expected to:

- Model healthy behaviors to fellow students
- Assist the Peer Educators with the planning, implementation, and evaluation of the programs assigned
- Aid in the development of marketing campaigns for each program
- Assist other Peer groups with staffing their programs
- Plan 1-2 original health promotion programs with your fellow volunteers
- Aid the office with office tasks such as copying program materials and delivering and hanging Stall Seat Journals and other advertisements throughout campus
- Communicate your needs and concerns with the Peer Educators, Graduate Assistant, and Wellness Promotion staff.
- Show up on time during your scheduled hours
- Notify the Volunteer Coordinator and assigned peer group of scheduling conflicts at least 1 week in advance with the exception of illness or emergency

Build Your Resume!

At the end your time as a Wellness Volunteer, you will gain valuable experience in the following areas:

- | | |
|--|--|
| • Program planning | • Enhanced public speaking & presentation skills |
| • Leadership experience | • Expanded knowledge of healthy living |
| • Improved decision making and goal setting skills | • Marketing and advertising |
| • Increased awareness of campus resources | • Team building |
| • Enhanced oral and written communication skills | • Networking with peers and campus professionals |

Office of Wellness Promotion Volunteer Application

Name: _____

Student ID: _____

Phone number: _____

Email: _____@wcupa.edu

Major: _____

Cumulative GPA: ____./ 4.00

Year: _____

Residence: _____

Clubs/organizations involved in: _____

Why do you want to volunteer with the Office of Wellness Promotion?

How did you hear about this position?

Preferred commitment.

Availability (Please check each hour you are available. Write in the time if you are available past the hour i.e. 12:30-2:30.):

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8-9 ^{AM}					
9-10 ^{AM}					
10-11 ^{AM}					
11 ^{AM} -12 ^{PM}					
12-1 ^{PM}					
1-2 ^{PM}					
2-3 ^{PM}					
3-4 ^{PM}					
Evenings					

Like our Facebook page at facebook.com/WCUWellnessEd

Follow our blog at healthyrams.wordpress.com

Visit us at wcupa.edu/wellness