Schulich Wellness Peer Helper
Position Description

Position Title: Schulich Wellness Peer Helper
Department: Schulich School of Engineering
Term: Fall 2020/Winter 2021
Number of Positions: 5-10
Hours: 3/week
Length of Position: September 2020 – April 2021

POSITION DESCRIPTION
Schulich Wellness Peer Helpers (SWPH) will be responsible for acting as ambassadors for the program, encouraging healthy attitudes towards mental health and wellbeing, and supporting the facilitation of wellness activities. The SWPHs will work closely with fellow Peer Helpers, the Schulich Wellness Practicum Student and the social worker who supports the program. For the 2020 Fall Semester, SWPH will support the online Schulich Wellness programming.

TASKS AND RESPONSIBILITIES:
- Engage in conversations with students about mental health and wellbeing
- Ensure the Schulich Wellness space is welcoming and inviting for students to come in and participate in activities (when safe to be on campus again)
- Facilitate fun activities (ping pong tournaments, giant Jenga, board games, online games etc.)
- Support the development and implementation of Schulich Wellness Programming
- Other duties as assigned.

BENEFITS:
- Build your knowledge of mental health, wellbeing, and wellness
- Work within a collaborative team environment
- Practice facilitation skills in low pressure environments
- Build and participate in a welcoming community
- Credit on the Co-Curricular Record
- Become part of the Peer Helper community throughout offices across campus
- Valuable leadership training opportunities provided to all UCalgary Peer Helpers
- StrengthsQuest Assessment code to identify your “Top 5 Themes of Talent”

COMMITMENT:
The time commitment of this position is on average 3 hours per week. Your hourly commitments may include:
- Regular meetings with Schulich Wellness Team to plan and develop programming
• Online “office hours” during Schulich Wellness Programming (Fall 2020)/ In-person “office hours” to create a welcoming environment in the space (when on campus activities are available)
• Attending additional training or events (as appropriate)

QUALIFICATIONS:
• Demonstrated professionalism, maturity and good judgment;
• Excellent oral and written communication skills;
• Enthusiasm for community building, student wellness, and mental health advocacy
• 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
• All Peer Helpers must be in good standing with the Office of Student Conduct

EMPLOYABILITY SKILLS:
As a result of volunteering in this role, students can expect to develop their employability skills in the following focus areas, as outlined by the Conference Board of Canada’s 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; and
• 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.
As a University of Calgary Peer Helper, you will also have the opportunity to work within a collaborative team environment, expand your network of students, faculty, and staff and have access to specific career development opportunities provided through the Peer Helper Program.

PEER HELPER PROFESSIONAL DEVELOPMENT PROGRAM:
The Peer Helper Program engages 300 students every year through 17 different on-campus offices. A key part of being a Peer Helper is having the opportunity to develop your employability skills and experiences, and then translate those experiences into strong interview stories. Launched in 2019-2020, the Peer Helper Professional Development (PHPD) Program helps Peer Helpers meet these goals. In 2020-2021, all Peer Helpers program wide will be required to attend two PHPD workshops (in-person or online) and the 2021 UCalgary Student Leadership Conference in February 2021.

APPLICATION PROCESS
To apply, please submit an online Peer Helper application form available on the Peer Helper Program’s website by 4:30pm on August 29, 2020. If you have any questions, please direct them to php@ucalgary.ca. Successful applicants will be interviewed in early September.