

**Position title:** PULSE Peer Wellness Advocate  
**Department:** Community Health & Wellness  
**Reports to:** Director of Community Health & Wellness  
**Number of Openings:** 5  
**Hours per week:** 2-6  
**Hourly Rate:** Minimum wage, \$15/hour

Leadership experience complements the academic curriculum at MassArt and empowers students to become more confident, engaged artists, designers and citizens. Students have the opportunity to apply for various paid positions to be held during their sophomore through senior years.

Student Leadership at MassArt is rooted in MassArt's Mission and Values and is essential to transforming MassArt's culture and community. All student leaders will be expected to uphold MassArt's missions and values as we work together to make MassArt a more equitable place to work, learn, live and make.

### **Position Description**

The PULSE (Peers United for Life Skills Education) Advocates are housed within the Community Health and Wellness Department. The PULSE Advocates program consists of both undergraduate and graduate students who are student leaders in this area. Students who are selected indicate an interest in learning about health and wellness issues and providing education and health promotion to the college community in creative and inspiring ways within a framework of social justice, equity, and inclusion. Some examples of past programs include Fresh Check Day (suicide prevention), Sex in the Dark (sex education and safer sex practices), and Revive for Reviews (a week of stress management programs just before finals). PULSE Advocates receive a comprehensive orientation to the role and frequent training in content areas specific to health and wellness to help increase their knowledge and skills as wellness peer educators. Some examples of past trainings include healthy relationships, suicide prevention, and substance use.

### **Duties & Expectations**

- Develop and coordinate wellness programs throughout the year
- Lead workshops and deliver presentations on health and wellness topics
- Assist in assessing the college community student needs in the area of medical and mental health education and create programs of interest to help address pressing health issues
- Serve as a health resource to your peers
- Assist and implement annual suicide prevention fair (Fresh Check Day) as well as one personal passion program per semester
- Engage in collaborative programming with other student leaders (ARC Peer Advisers, MAC Board, JET Student Leaders, RAs)

- If available, assist with new student orientation programming in the fall (late August / early September)

**Required Qualifications**

- Applicant must be in good academic and judicial standing with the college at the time of application and during the length of employment
- Must be a current matriculating undergraduate or graduate student at MassArt
- Express strong interest in mental health, community health, and wellness issues
- Ability to collaborate in a reliable manner

**Preferred Skills & Qualifications**

- Graphic design skills
- Past experience working on a team
- Excellent communication skills
- Reliable, punctual, attention to detail

**Salary**

PULSE Advocates are paid an hourly rate on a bi-weekly schedule. All Student Leaders are paid minimum wage. Students must complete timesheets each pay period in order to be paid, and programmatic paperwork as needed.

**Time Commitment**

- Average of 2-6 hours per week during the academic year, up to \$1200 per year
- 1-1.5 hours per week of mandatory meetings as a team or planning/executing programs
- Biweekly 1-on-1 check-ins with supervisor
- Must be available the last week of August for training and orientation