

Position Title: PULSE Peer Wellness Advocate

Supervisor Name: Betsy Smith

Supervisor Title: Director, Counseling and Wellness Center

Department: Counseling and Wellness Center

Number of Openings: 4

Hours per Week: 3-4 hours/week

Hourly Rate or Salary: \$800/year

Position Duties & Description:

Utilize your passion for promoting mental, physical, and emotional well-being and join the Counseling and Wellness Center as a PULSE Peer Wellness Advocate!

As a member of our PULSE (Peers United for Life Skills Education) team, you will:

-- develop and coordinate wellness programs throughout the year, including residence hall programs, national awareness months/weeks/days, holiday-themed programs, flu clinics, suicide prevention programs and other MassArt events (Wellness Fair, Activities Fair, Revive for Reviews, etc.)

--lead workshops and deliver presentations on health and wellness topics

--assess the community and create programs of interest maintain a visible presence on social media and on campus to promote wellness programs

--serve as a health resource to your peers.

PULSE Advocates will also receive professional development training in various areas of health and wellness including mental health, suicide awareness, eating disorders and other relevant topics.

PULSE Advocates will be expected to complete all relevant paperwork, attend 1 weekly and attend professional development trainings when offered and complete programmatic paperwork as needed.

Candidates must demonstrate passion for health and wellness, possess an open and non-judgmental attitude towards sensitive health and wellness topics and have experience/comfort with public speaking.

Students must be full-time undergraduate students in good academic and disciplinary standing throughout employment term. Qualified applicants may be asked to compose a short essay on a health or wellness topic.

Qualifications:

- Strong interest in health and wellness
- Self-starter, able to initiate and follow through with programs
- Enjoys being involved in a team

Leadership Responsibilities:

- Attendance and participation in the 2017 – 2018 Leadership Selection Process
- Must remain in good academic and disciplinary standing
- Uphold and abide by the policies and procedures in the MassArt Student Handbook
- Check MassArt e-mail at least once per day for the 2018-2019 academic year

