**Student Employee Position Title:** Wellness and Health Action (WHAT) Team Member

**Position Objective:** A WHAT Team Member is a student leader who promotes healthy choices/decision making among their peers and supports an overall healthy campus environment by:

- Developing & promoting campaigns that support healthy living
- Creating and conducting educational health programming
- Providing referrals to on-and off- campus services
- Advocating for changes in campus policies and procedures which support student success
- Disseminate accurate and reliable information

WHAT Team Members play an important role in educating your peers on health topics affecting college students, such as:

- Academic performance
- Alcohol and other drugs
- Body image
- Eating well and fitness
- Healthy relationships
- Mental health
- Money Management
- Sexual health
- Sleep habits
- Stress management
- Tobacco cessation
- And much more...

**Position Duties:**

- Attend weekly team meetings and periodic trainings
- Serve as a campus health resource and referral source
- Plan and implement campus wide health promotion events
- Develop and implement health promotion workshops to the PSU community
- Serve as a liaison to campus departments and/or groups
- Develop health promotion marketing messaging
- Develop evaluation tools for programming and workshops
- Serve as a leader and role model to peers
- Act as an extension of the professional staff of SHAC/Health Promotion

**Position Qualifications:**

- Must be taking at least 6 credit hours per term
- Have an interest in promoting healthy behaviors among fellow students.
- Strong communication skills: active listening, public speaking, small group and one-to-one
- Strong writing skills
- Must be a "self-starter"
- High levels of energy and enthusiasm.
- Organizational and time management skills
- Working productively in a team atmosphere
- A cooperative and nonjudgmental attitude towards sensitive health and wellness topics
- An ability to maintain confidentiality
- Be an effective role model for students and must model healthy decision making skills
- Not afraid to ask questions

**Work Schedule:** 10 hours per week, primarily 8am – 6pm M-F, occasional nights and/or weekends may be requested

**Duration:** 2015-2016 academic year commitment, WHAT Team Members are encouraged to reapply yearly.