Health Peer Educator Volunteer Description

OPPORTUNITY DESCRIPTION

Health Peers are part of the larger program of Peer Education. Peer Educators commit to volunteering for two (2) terms; however, these terms do not need to be consecutive if the student is away for co-op or field school etc. Your role as a Health Peer has two components: the first is your role with the Health Promotion team within Health and Counselling Services, and the second component relates to your personal development.

This position starts in the Fall 2017 term.

Program Overview

The Peer Health Educators work with the Health Promotion team at Health and Counselling Services to enhance student well-being and create a positive and supportive campus culture at SFU. In small groups, the Peer Health Educators plan, prepare, deliver and evaluate health education outreach at all 3 campuses. Outreach topics include sexual health, responsible partying, enhancing resilience, stress management, healthy eating, active living and positive self-image. Peer Health Educators develop professional and personal competencies and are given opportunities to contribute to the work of the SFU Health Promotion Team, including participation in special events. This is a highly sought after position.

Duties & Responsibilities

- Deliver health education to the SFU student community through outreach activities (including outreaches at Surrey and Vancouver campuses).
- Participate in weekly team meetings
- Work in small groups to plan, prepare, deliver and evaluate health education outreach activities and semester long programs
- Facilitate and/or participate in workshops, presentations, special events, awareness weeks, displays, committees, residence activities and other programs to promote healthy lifestyles, overall well-being and a positive and supportive campus community.
- Explore the possibility of working with other on-campus groups and departments as well as off campus organizations to further promote health and well-being for SFU students
- Participation in two or more of the following health outreaches or semester long programs:
  - Condom crew
  - Community Cooking Workshops
  - Social Connectedness and Positive Campus Culture
  - Enhancing Resilience
  - The Body Project
  - Mindfulness
  - Fitmix
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Relating to your personal development, Peer Educators will:

- Participate in a self-led learning plan to improve personal development goals
- Meet three times per semester with your Peer Coach (a returning peer who will support your goal) as a means of working toward your chosen personal development goal.
- Complete 2 online reflections per term relating to your goal setting.

Peer Education consists of eight program areas and over 120 student peer educators per term. All Peer Educators gain skills and knowledge through centralized training, and area specific training. Training is delivered in a blended format, with some components online and other components delivered in person.

**Time Commitment**

This role requires approximately 60 to 72 hours per term for the Fall & Spring terms; optional Summer term or additional terms.

**Mandatory Training**

- 6 hours of online preparation for Core Training (content that all Peer Educators cover)
- 3 hours of Core Peer Program Training (all programs):
  - Tuesday September 5th, 2017; 5:30pm – 8:30pm at Burnaby Campus
- Orientation to Health and Counselling Services (Health Peers specific training)
  - 5 hours of Health Specific online training component on Canvas
  - 8 hours of in-person training held within Health and Counselling Services as follows:
    - Friday, August 25th from 9:00am – 4:30pm. Saturday, August 26th from 10am-3pm
- 6 hours of additional training at Peer Education Professional Development Day
  - Saturday, January 20th, 2018; approx. times 9:30am – 3:30pm (Campus TBA)

**Required Meetings**

- 1 hour mandatory weekly meetings, with the exception of holidays and reading week in Health and Counselling Services.
  - Meeting time is 7:30am – 8:30am every Wednesday, starting August 30th
- Three 30 minute meetings with your Peer Coach, at mutually convenient times.
Benefits

Benefits of being a Health Peer Educator:
- Help SFU students make informed choices about their health
- Enhance knowledge of student health issues including sexual health, responsible partying, enhancing resilience, stress management, healthy eating, active living and positive self-image
- Engage with and positively impact the SFU community
- Meet like-minded students and work collaboratively
- Gain exposure to various health professions and career options
- Freedom to pursue health topics and programs that interest you most
- Gain skills and knowledge related to developing, implementing and evaluating health education programs, outreach delivery, team management and team building

Benefits of being a part of the Peer Education Program
- Receive coaching from your Peer Coach to support your personal and professional development.
- Opportunity to attend free professional development workshops such as the Passport to Leadership suite of programs
- Recognition of your involvement on the Co-curricular Record and at the SFU Volunteer Appreciation Gala.

OPPORTUNITY REQUIREMENTS

What we are looking for in our future Peers
- Current SFU student in good academic standing (min. GPA 2.0)
- Interest in well-being, Health Education and Health Promotion.
ADDITIONAL APPLICATION INFORMATION

Please note that you need to submit the following three items with your application:

- A Cover Letter
- Your Resume
- A completed copy of the Application Questions (click on the Attachment, at the bottom of the Opportunity Posting (“Application Information Download”), to download these questions)

You can upload these documents and create your Application Package in your myDocuments area.

If you have questions about the program, please contact Crystal Hutchinson (Health Promotion Specialist) at chutch@sfu.ca

If you have questions about using myInvolvement, please contact the Student Engagement Administrative team at myinvol-admin@sfu.ca.