Health Peer Educator Volunteer Description

SECTION 1: OPPORTUNITY DESCRIPTION

Descriptions & Responsibilities

As a Peer Health Educator you will 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. You will work in small group teams to plan, prepare, deliver and evaluate health education outreaches at all 3 campuses. Outreach topics include sexual health, responsible partying, enhancing resilience, stress management, healthy eating, active living and positive self-image. In this role you will develop professional and personal competencies and will have the opportunity to contribute to the work of the SFU Health Promotion Team.

As a Peer Health Educator You Will:

- Deliver health education to the SFU student community through outreach activities and semester long programs.
- Participate in weekly team meeting.
- Work in small groups to plan, prepare, deliver and evaluate health education activities.
- 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
  - Well-being Weds (Make SPACE for Well-being)
  - Social Connectedness and Positive Campus Culture
  - Enhancing Resilience
  - Fitmix

This program is a part of Peer Education, a collaboration with Student Engagement & Retention at SFU. Embedded within your role will be a focus on your personal development, including goal-setting and connecting with an experienced Peer Educator, your Peer Coach.
Health Peer Educator Volunteer Description

Time Commitment

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. 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)
  - Available in August and must be completed before Core Training
- 3 hours of Core Training (all programs):
  - September 4, 2019 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 23rd from 9:00am – 4:30pm. Saturday, August 24th from 10am-3pm
- 4 hours of additional training at Peer Education Professional Development Day, once per term
  - Spring term: TBD

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 28th.
- Three 30 minute meetings with your Peer Coach, at mutually convenient times.

Benefits

As a Peer Health Educator You Will:

- Gain enhanced knowledge of student health issues including stress management, healthy eating, active living, sexual health, responsible partying, resilience and positive self-image (you will have the freedom to pursue health topics and programs that interest you most).
- Meet like-minded students and work collaboratively to positively impact student health.
- Gain exposure to various health professionals and career options.
- Gain skills and knowledge related to developing, implementing and evaluating health education programs, outreach delivery, team management and team building.
Health Peer Educator Volunteer Description

SECTION 2: 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.

SECTION 3: 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 in myInvolvement. Applications for this role are due by April 10th, 2019 at 11:59pm.

If you have questions about the program, please contact Lehoa Mak (Health Promotion Specialist) at Lehoa_mak@sfu.ca.

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