Peer Educator

Job Description

Position type  Part-time volunteer (3 hours/week)

Reports to  Wellness Outreach Team Lead

You.

You’re a returning student undergraduate student at McMaster with an interest in wellness-related topics, including fitness, nutrition, mental health, sexual health, substance use prevention and harm reduction, and health equity. You’re open to broadening your understanding of “wellness” and keen to share your knowledge with your peers to make a healthier campus community.

Us.

We are Wellness Education, a small, tight team consisting of an Education Manager, Wellness Educators, and work-study students, and volunteers who work out of the Student Wellness Education Lower Lounge (SWELL). We are passionate about promoting student health and wellness.

The Position.

Peer Educators are responsible for working cooperatively to deliver workshops, provide evidence-based health information, and promote wellness-related resources available on and off campus. They act as representatives of the Student Wellness Centre (SWC) among the student body.

Training:
- **Summer training** through Avenue to Learn
- **Fall training** in person (one full day)
- **Winter training** in person (one full day)
- **Year-long training** in person (optional workshops to enhance your wellness-related knowledge)

Job responsibilities:
- Attend weekly team meetings
- Develop and deliver programs, campaigns, and events to educate peers on topics in your wellness area with guidance from your Team Lead and the Wellness Educators
- Hold weekly “lounge hours” in the SWELL
- Table/booth for SWC at various on-campus events
- Write articles for the SWC website and semi-annual Wellness@Mac newsletter