



Social & Emotional Wellness Assistant
(2 positions open)
Spring 2023

Social & Emotional Wellness Assistant

Working directly with the Social & Emotional Wellness Coordinator and fellow student leaders, you will have the opportunity to participate in trainings to develop your skills and gain professional experience to assist with promoting social and emotional wellness habits, promoting a sense of belonging and community, eliminating obstacles to seeking help, and building networks of social support to succeed in college.

What you will do:

Participate in trainings, meetings, and collaborations with fellow student leaders and staff
Model social and emotional wellness habits to peers through social media posts, videos, Instagram stories and/or reels
Co-facilitate co-develop social and emotional wellness workshops on topics including (but are not limited to): boundaries, healthy relationships, trust, building community, social connectedness, getting support, and more
Assist with creating visibility and health awareness projects for (e.g. marketing campaigns, short videos)
Outreach in college spaces to promote campus health resources, distribute educational materials, and partner with student organizations to cohost social and emotional wellness program(s)
Support Social & Emotional Wellness Coordinator in developing strategies to engage underserved students (e.g. students of color, queer and trans students, students with disabilities, etc.)

What it takes to be successful in this role:

You are committed to learning and growing personally and professionally
You are invested in creating a positive change in yourself and modeling that to your peers and the community
You enjoy speaking and presenting in front of a group, audience, and/or on-camera on social media
You enjoy connecting with people and creating opportunities for people to bond with one another
You enjoy using and creating content for different types media (ex. video, Instagram, TikTok, etc.)
You love working on new projects/tasks, whether in pairs or groups
You are interested in running activities that build community
You know how to think creatively, act strategically, and anticipate future opportunities
You are organized and are a good communicator (ex. email, phone, etc.)
Nice to have (but not required): You are passionate about social and racial justice, are involved in Greek Life, Athletics, and/or student organizations