

# Position Description-Graduate Student Wellbeing Ambassadors 2020-21

## Responsibilities

Communicate the GSWA role to your peers and the Grad Program Officer or Manager in your unit/department.

Assist peers in need of help to identify, access, or effectively use student wellness services and resources (e.g. Counselling).

Inform peers about updates to student health and wellness services and resources throughout the year.

Orient new faculty and staff colleagues to key student health and wellbeing resources (e.g., Early Alert & Green Folder).

Hosting and facilitating health promotion and education activities or events for grad students.

Participate in health promotion campus campaigns (e.g., Thrive, MoveUBC).

Provide feedback to Health Promotion and Education on trends and ongoing issues related to graduate student health and wellbeing upon request.

## Training & Professional Development

Participate in the GSWA training modules on the program's canvas site.

Attend annual orientation and a minimum of two GSWA Community Learning events as scheduled throughout the year.

Optional attendance at monthly networking events.

Optional professional development opportunities may be scheduled throughout the year.

## Time Commitment and Length of Term

**Length of Term:** one year, with the option to continue the role

**Time Commitment:** 2-4 hours per month of work time. This will vary depending on the needs of the faculty or department and whether the GSWA participates in optional training

## Benefits

Many graduate students participate in formal and informal peer support roles, however, they do not always have the benefit of training and connection to a larger community. The Graduate Student Wellbeing Ambassador Program aims to build individuals' capacity and knowledge for UBC Vancouver graduate students in peer roles, by helping them:

- Gain the confidence and skills to support their fellow graduate students who are experiencing wellbeing challenges;
- Increase your mental health literacy;
- Engage students in conversations about wellbeing and respond to questions;
- Share information about appropriate resources both on and off-campus;
- Connect with one another through a supportive network of fellow Ambassadors;
- Create a supportive campus environment for fellow grad students. Members of the Ambassador program will be eligible for designated funding to support graduate student wellness events.

Ambassadors will have access to a Canvas toolkit with a host of resources to help them in their role, as well as extensive training through workshops facilitated by Health Promotion and Education staff. Our team of health promotion experts is committed to helping you succeed in your role and to ensuring that you feel supported and prepared.

## Qualifications

To participate in the program, interested graduate students must be:

Registered as either a part-time or full-time graduate student;

- In good academic standing in their program;
- Have completed 12 months of their graduate studies;
- Available to attend 2 hours training (Date TBC)
- Passionate about health and wellbeing and desire to guide and support others in promoting student wellbeing.
- Excellent communication, listening and interpersonal skills.
- Willingness to learn and connect with others.
- Support from departmental graduate student program officer/advisor/manager or grad society.

## Program Organization

The GSWA program is coordinated by the Health Promotion & Education unit in partnership with Graduate & Postdoctoral Studies and other units within UBC Student Health & Wellbeing. Health Promotion & Education collaborates with faculty and staff to create engaging and inclusive learning environments in which all students can thrive.

## Application Process

[Apply to be a GSWA for the 2020-21 academic year by September 7, 2020.](#) If you have any questions please contact, [diana.jung@ubc.ca](mailto:diana.jung@ubc.ca)