HealthBuffs Peer Education Program

2017 VOLUNTEER JOB DESCRIPTION

Health Promotion is currently recruiting for the HealthBuffs peer education program for Fall 2017. HealthBuffs volunteers are provided with the opportunity to promote health and wellness through professionally-led student projects. Health Promotion provides resources and skill-building tools on the following health topics: stress, sleep, social and emotional wellness, illness prevention, sexual health, self-image, alcohol and other drugs, tobacco cessation, and nutrition.

Responsibilities:

- Attend HealthBuffs trainings and meetings
- Staff HealthBuffs outreach events
- Participate in small group projects focused on addressing specific health and wellness topics
- Present with your small group at the HealthBuffs Showcase at the end of each semester

Main Requirements:

- Must be an enrolled CU student
- Must be able to commit approximately 30 hours per semester and make a two-semester commitment
- Must be able to attend training on Friday, Sept. 15 (6-8 pm) and Saturday, Sept. 16 (8 am-5 pm)
- Must be able to attend and participate in weekly Monday night meetings from 5-6:30 pm
- Provide staffing for at least two stress reduction events and one Haven (a workshop featuring brief chair massages, aromatherapy, and 1-on-1 stress assessments) each semester

Necessary Qualifications:

- Interest in public health, health promotion, and social justice
- Commitment to inclusivity and multiculturalism
- Strong interpersonal communication skills
- Ability to work independently and as part of a team

Preferred Qualifications:

- Peer education, customer service, and/or leadership experience
- Knowledge and familiarity with campus organizations and resources

Benefits:

- Fast-paced, innovative, and collegial environment
- Opportunity to develop and implement new ideas and programs
- Expanded knowledge of public health and health equity
- Pre-professional career experience and development of skills sought after by employers
- Diversity, health inequity, and social justice education
- Mentorship and guidance from professional staff
- Networking opportunities