

STUDENT LEADERSHIP OPPORTUNITIES

MOUNT ROYAL UNIVERSITY

PEER HEALTH EDUCATORS

RESPONSIBILITIES

1. Plan events and campaigns to raise awareness about health and wellness
2. Educate peers on health topics such as stress, sleep, alcohol, exercise and nutrition
3. Refer students to Wellness Services and other resources on campus
4. Be the face of Wellness Services

QUALIFICATIONS AND REQUIREMENTS:

1. Attend weekly meetings
2. Attend group training in September and MRU's Student Leadership Conference
3. Time commitment is 2-5 hours/week from September until April
4. An interest in building community on campus
5. A passion for health and helping others

BENEFITS:

1. Meet and work with students from outside of your program
2. Team swag
3. Certification of participation
4. Access to unique opportunities on campus
5. Work/study space in the healthy campus office
6. Opportunity to win a PHE award
7. Special training opportunities
8. Opportunity to become a Senior Lead student in your 3rd year of participation

APPLICATION PROCESS/TIMELINE

Students can apply to be a PHE in February/March for the following school year. Contact

Charmène Brewer at cbrewer@mtroyal.ca or apply online at mru.ca/wellnessvolunteer