

University Health & Psychological Services
Health Promotion and Wellness Services Department
WELLNESS AMBASSADOR VOLUNTEER DESCRIPTION
Spring 2011

The **Wellness Ambassador** program is designed to increase students' competitiveness in the job market by providing hands-on experience in health promotion and wellness programs for Fresno State students. The purpose of this organization is to provide students with the knowledge on how to make the best decisions about their health and well being. The Wellness Ambassadors accomplish this by concentrating on common health issues such as stress management, anxiety, healthy eating, sleeping, and exercise habits.

GET CAREER EXPERIENCE!
EARN ACADEMIC CREDIT!
HAVE FUN!

DUTIES & RESPONSIBILITIES: Under the supervision of the Coordinator of Health Promotion & Wellness Services, Wellness Ambassadors function as peer educators responsible for:

- Planning, publicizing, and implementing campus events;
- Facilitating presentations
- Creating wellness education materials
- Collaborating and building partnerships with other clubs, groups, and departments;
- Attending weekly meetings and working as a team member.

Events to be planned and implemented include, but are not limited to, Stress Management Education, the Mobile Wellness Program, Spring Break Extravaganza, Anxiety Screening and the Spring Wellness Fair.

ACADEMIC CREDIT:

- Wellness Ambassadors may earn academic credit by completing an independent study, internship, or fieldwork through their individual departments.
- The student is responsible for arranging this credit.

QUALIFICATIONS & EXPERIENCE:

- Must be a Fresno State student.
- All individuals are encouraged to be creative thinkers, motivated, and to have strong leadership and communication skills.
- Students must be reliable and able to work in groups. Students from all majors are welcome.
- Applicants should be available approximately 3-5 hours a week during the Spring 2011 semester. Hours may increase during busier event planning times. **Selected applicants must participate in a weekly one-hour meeting on Tuesdays from 11 a.m. to 12 noon.**
- Selected applicants must also participate in a one-day orientation scheduled for January 14, 2011.
- Approximately 10 students will be selected to serve as Wellness Ambassadors for the Spring 2011 semester.

DEADLINE TO APPLY:

- **December 3, 2010**
- Applicants must be available to participate in an interview on **Thursday, December 16th, or Friday December 17th.** Applications can be picked up from the Student Health Center Services building (just north of Shaw, west of the dorms) or in the Wellness Lounge @ the USU.

Applicants with questions please email Kathy Yarmo, Coordinator of Health Promotion & Wellness Services, @ kyarmo@csufresno.edu or call (559) 278-6739 for further information.

Wellness Ambassador Application Spring 2011

Please read the Wellness Ambassador Volunteer Description before completing application.

Name: _____ Phone :(_____) _____

Address: _____

City: _____ State: _____ Zip: _____

Major: _____ Minor: _____ Year in School: _____

E-Mail: _____ Expected Date of Graduation: _____

Please fill out the next section if you plan to receive academic units for becoming a Wellness Ambassador:

Department: _____

Advisor's Name: _____ Advisor's Phone: _____

Course Name: _____ Number of Units: _____

How did you hear about Wellness Ambassadors? _____

Please attach a typed-written one-page response answering the following questions:

1. Please describe any work/volunteer related experience that would make you qualified for this position, and how would you contribute those skills as a Wellness Ambassador?
2. Why do you want to become a Wellness Ambassador and how would you benefit from this experience?

Submit your completed application by December 3, 2010 by email, mail, or drop off to:

University Health and Psychological Services
Attn: Kathy Yarmo, M.P.H., Coordinator of Health Promotion & Wellness Services
5044 N. Barton Ave. M/S HC81
Fresno, CA 93740
Phone: (559) 278-6739