

Community Wellness (CWS)

Health Education and Wellness Promotion

Overview

The Wellness Graduate Assistant (GA) for Community Wellness Services is responsible for the creation, management, and implementation of a variety of holistic programs that represent the seven dimensions of wellness. These programs include(but are not limited to) the following: Choose Well Live Well Day, Suicide Prevention Week, Life Hacks workshops series, Breaking Bread, and Wellness Wednesdays tabling outreach. This position is also involved in the University-wide mental health promotion and suicide prevention initiatives. The time frame of this position is from August 1st to May 15th and includes a 20 hour work week. The Coordinator of Health Education and Wellness Promotion is the supervisor of this position.

Responsibilities

The Graduate Assistant (GA) position is a professional assignment. As such, the GA is expected to follow all policies and standards of behavior as outlined in the Student Handbook. The GA position supports Community Wellness Services in the following ways:

Communication

The GA work collaboratively with the Coordinator of Health Education and Wellness Promotion to design and implement a Community Wellness Services communication plan by:

- Crafting and distributing Wellness communication through social media outlets, campaigns, and programs.
- Maintaining the office's social media outlets for marketing and educational purposes.

Programming

The GA works collaboratively with the Coordinator of Health Education and Wellness Promotion to achieve outreach and programmatic goals by:

- Assisting with the needs assessment of the student population as it relates to the seven dimensions of wellness to inform outreach and programmatic efforts
- Developing and implementing relevant programming to represent the seven dimensions of Wellness and specific prevention programming such as nutrition, fitness, mental health, stress management, etc.
- Take an active role in planning and implementing Choose Well, Live Well Day through development of a marketing campaign, recruitment of participants, continued communications with participants and volunteers, and management of event
- Co-instructing a one-credit, ten week mini course covering a variety of wellness topics, with a strong focus on mental health and social connectedness
- Work collaboratively with the coordinator of health education to design, implement and assess health education workshop series based on public health and student development theory
- Assist with the planning and execution of Well-o-ween and St. Patrick's Day activities
- Design, implement, and assess national health education and wellness promotion campaigns including Suicide Prevention Week, Eating Disorders Awareness Week, and Safe Spring Break
- Overseeing operations and developing Breaking Bread, a three-week intercultural program hosted in conjunction with Office of the Rector and Center for International Programs an average of two times a semester

Supervision

The GA establishes and maintains close relationships with the wellness interns, meeting regularly with this group and one-on-one as needed to facilitate and enhance their leadership experience and to assist the Coordinator of Health Education and Wellness Promotion. The GA will work with the coordinator to hire, train, and supervise the wellness interns to create and execute Wellness Wednesday programs and assist in other special events.

Collaboration

To achieve the goals of the department, the GA will collaborate with staff throughout Student Development and with staff, faculty, administrators, and students throughout the University of Dayton. The GA will attend meetings as requested to build and deepen partnerships.

Administration

The GA is responsible for assisting the Coordinator of Health Education and Wellness Promotion in the overall management of the department's programs. Also, the GA must complete all paperwork and perform other duties for CWS as requested.

In addition, the GA is responsible for the following:

- To report any student needs, issues, and areas of concern to the Coordinator of Health Education and Wellness Promotion
- To act as a liaison between students and the coordinator.
- To participate in staff training and meetings as requested.
- To complete duties as assigned by the Coordinator of Health Education and Wellness Promotion

Remuneration

- Competitive stipend
- Tuition Remission
- Health Care: Offered enrollment in University of Dayton health care plan as applicable to Graduate Assistants

For more information, contact:

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