



## Wildcat Wellness Peer Leader Application

Wildcat Wellness is a student-run organization that is known for its crowd-drawing, fun and engaging wellness programs. Programs focus on taking time for self-care and connecting students with their peers and wellness resources. Featured WW programs include but are not limited to: DIY Zen Gardens, Sensory Bottles, Fidget Items, Aromatherapy Spray Bottles, Succulents & Terrariums, Yogurt Parfaits & Self-Care Study Break: Coffee/Tea Bar (finals week each semester). For more information, visit: [daemen.edu/wildcatwellness](https://daemen.edu/wildcatwellness).

### WW Peer Leader Role

- Plan, organize and facilitate student wellness meetings (at least 1 per month) to engage members in brainstorming and program planning.
- Record attendance and meeting minutes of student wellness meetings.
- Plan and implement at least one wellness event per month during the academic year.
- Review, research and plan programs on topics including but not limited to: mental health (self-care), sexual violence prevention, substance abuse prevention, healthy relationships, sexual health, sleep health and nutrition.
- Submit room reservations and set up requests for meetings and events.
- Identify, leverage and collaborate with partners to co-host/sponsor programs.
- Research, review and contribute to monthly wellness flyers in campus restrooms.
- Create and/or contribute to marketing wellness events through social media, Daemen Connect, emails, print materials, etc..
- Lead recruitment efforts to grow the student members and overall engagement.
- Track event attendance and maintain up to date records.
- Complete 2 office hours per week during the academic year.
- Participate in “all hands on desk” wellness events during the academic year.

### Qualifications

- Enthusiastic, self-motivated and organized.
- Interest in creating engaging, meaningful wellness programs for college students.
- Knowledge and interest in wellness topics that impact college students.
- Experience creating programs is strongly preferred but not required.
- Knowledge of campus activities and services that are available to students.
- Admission at Daemen College for at least one full-time semester.
- Enrolled full time for the full 2022-23 academic year.
- Maintain an overall grade point average of 2.5 or above.
- Must be a member of the Daemen community in good standing.
- Commitment to the leader position for the full 2022-2023 academic year.

**Compensation:** annual honorarium of \$1,000

### Application Review Process

1. Application: please submit your resume, cover letter and reference online to [daemen.edu/leaderapp](https://daemen.edu/leaderapp). Applications will be accepted **Friday, February 10, 2023 through Tuesday, March 7, 2023**.
2. Interview\*: after submitting your application, sign up for an interview online at [bit.ly/leader-interview23](https://bit.ly/leader-interview23). **Interviews will take place Tuesday, March 21 - Wednesday March 29. To sign up, select a slot that works for you and add your name to that slot.** All applicants will be notified of the selection committee's decision by Monday April 3, 2023.
3. To make it easier for students' schedules, this year we have decided to have one team, composed of representatives from the various student affairs offices, interview students interested in a student leader position (RA, OL, CAT, and Wildcat Wellness Peer Leader). This means if you have decided to apply for more than one student leader position you will only need to come to one interview.

