

Student Wellness Champion Network

Program Description

The Student Wellness Champion program is conducted out of the Office for Community Health Promotion and is made up of students passionate about health and wellness. Students are a part of this program for a full academic year and have the opportunity to stay a part of the program until their graduation. While in this program, students are trained on behavior change theory, motivational interviewing techniques, and specific wellness topics. Each student has the opportunity to choose to focus on one of four specialty areas offered: Nutrition, Mental Health, Physical Activity, and Healthy Relationships. Within their specialty area, students are tasked with putting together programs to be disseminated to the SMU community. They facilitate both residential commons-specific programs as well as broader community outreach programs. All programs are designed to deliver relevant health information to other students in an engaging way. Through this program, student wellness champions have the ability to learn more about their personal values around wellness as well as understand the needs and health risks present at SMU. They are tasked with addressing these health risks through their programming efforts in order to create a healthier SMU community.

Learning Domains:

Cognitive

Student Wellness Champions will increase their knowledge of relevant health topics and develop basic knowledge in behavior change theory. They will learn leadership skills through by working closely with the Health Center to serve as primary wellness resources on campus or their peers. Students will develop knowledge of and address health issues within the SMU community, nationally, and globally.

Affective

Student Wellness Champions will develop an appreciation for health issues within their community, nationally, and globally needing to be addressed. They will have the opportunity to explore their personal health beliefs and passions and be given the freedom to pursue specific health areas of their choosing. Students will develop understanding of bystander responsibility and ultimately use the skills developed in this program to affect positive health behavior change on campus.

Psychomotor

Students will create and teach health programming within the SMU community. They will be active within the community to facilitate wellness outreach activities addressing specific and relevant health topics, volunteer for events conducted by the Office for Community Health Promotion and the Health Center, and communicate positive health messaging through social media, posters, and residence hall bulletin boards.

Eligibility

In order to become a Student Wellness Champion, students must meet the following qualifications:

- Minimum Grade Point Average of a 3.0 (verified through student records)
- Must be enrolled as a full-time student
- Must exhibit a passion for health and wellness

- Must demonstrate an authentic desire to create an inclusive community
- Must be available for PHE training beginning August 2018 on campus
- Must be available for regular trainings and meetings throughout the academic year

Expectations and Responsibilities

Student Wellness Champion expectations and responsibilities will include the following:

- **Participation in Training:**
 - SWCs will move in early to attend Student Wellness Champion training with the Office for Community Health Promotion as well as RLSH Leadership Training
 - Training will take place over the course of 4 days (2 days with Health Promotion, 2 Days with RLSH)
 - SWCs will help with freshmen move-in day during Mustang Corral
 - SWCs will participate in bi-weekly training sessions throughout the academic semester
- **Program Facilitation**
 - SWCs will plan and implement 2 programs each semester to educate students on topics including, but not limited to mental health, nutrition, physical activity, stress and time management, alcohol and drug prevention, sexual health, healthy relationships, sleep, violence prevention, bystander awareness and resiliency. Each semester SWCs are expected to facilitate 2 different types of programs:
 - 1 Commons-Affiliated Program: A program conducted within one of the Residential Commons
 - Students currently living in a RC are encouraged to do programming for their specific RC
 - Students living off-campus are encouraged to do programming for the RC they previously lived in
 - 1 Community-Outreach Program
 - Programs that are open to all students on campus and take place in a public space
- **Leadership**
 - Willing to serve as a leadership team member within respective Commons (attend Commons Council meetings, regularly meet the RCD, etc.)
 - Attend wellness events hosted by other campus departments including (but not limited to):
 - Recreation
 - Dining
 - Violence Prevention
 - Counseling Services
- **Community Health Promotion Participation**
 - Attended/Volunteer at various Community Health Promotion events throughout the year including (but not limited to):
 - Sexual Health Awareness Week
 - Health Jam
 - Speaker Series Events
 - Information Tables
 - CHP Information Sessions

- Serve as a liaison for the SMU Student Health Center by providing students with relevant department information including (but not limited to):
 - Flu shot information
 - Health risk information

Benefits

As a Student Wellness Champion, students will receive certain benefits including:

- University credit for Core Proficiencies including (but not limited to)
 - Community Engagement*
- Significant leadership experience
- Presentation/Public Speaking experience
- Specialized training and certification opportunities
- Early Move-in

***Proficiency Requirement**

In order to satisfy the Community Engagement Proficiency SLO, students must complete the following:

- Attend summer Student Wellness Champion Training
- Attend 80% of the bi-weekly training sessions each semester
- Conduct 1 Commons-Affiliated Program each semester
- Conduct 1 Community Outreach Program each semester
- Volunteer at 1 CHP event each semester

Interview Process

In order to be accepted into the Student Wellness Champion Network, students must do the following:

- Submit an application to be reviewed by the Office for Community Health promotion and Residence Life
- Attend an interview conducted by the Office for Health Promotion
- Attend a call-back interview (if necessary)