

**University Health & Psychological Services
Health Promotion and Wellness Services Department
WELLNESS AMBASSADOR VOLUNTEER DESCRIPTION
Spring 2010**

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.

**GET CAREER EXPERIENCE!
EARN ACADEMIC CREDIT!
HAVE FUN!**

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

- Planning, publicizing, and implementing campus events;
- 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, Cold & Flu Education, Spring Break Readiness, General Wellness, Anxiety Screening and the 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 2010 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.**
- Approximately 10 students will be selected to serve as Wellness Ambassadors for the Spring 2009 semester.

DEADLINE TO APPLY:

- **December 4, 2009**
- Applicants must be available to participate in an interview on **Friday, December 11, 2009.**

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.

California State University, Fresno
University Health & Psychological Services
Health Promotion and Wellness Services Department

Wellness Ambassador Application Spring 2010

Please read the Wellness Ambassador Volunteer Description before completing application.

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

Major: _____ Minor: _____ Year in School: _____

E-Mail: _____

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 answer (75 words or less for each) on 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 4, 2009 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