



The Wellness Peer Program is in affiliation with Clarkson University's Student Health and Counseling Services (SHAC). Wellness Peers consist of a group of Clarkson students with a passion for awareness, advocacy, and health equity surrounding physical and mental wellness. Wellness Peers are active participants in developing and presenting psychoeducational topics for presentations, campus engagement, and community events.

On a peer-to-peer level, Wellness Peers strive to broaden connections with peers, amplify personal and community wellbeing across campus, and decrease barriers surrounding help seeking and self-care by initiating conversations on campus. Wellness Peers display strong communication and organizational skills, respect and work well with a diverse group of peers, and practice emotional maturity and empathy throughout their responsibilities as campus leaders.

The Wellness Peers program initially started in Spring 2024. Recent examples of programming created by Wellness Peers includes creating weekly infographics on dorm-friendly food recipes and tips on managing anxiety by having them displayed throughout campus screens. Other programming can include a variety of options, including but not limited to providing psychoeducation to passing students through tabling opportunities, presenting on a wellness topic for first-year students, developing a panel of community members to discuss wellness experiences, and many more!

Interested in applying?

All majors are welcome, no specific academic background is necessary! The Wellness Peers program is a volunteer opportunity that welcomes Clarkson students who have had **at least 1 year of higher education experience, or sophomores, juniors, seniors/5th years and graduate students**. Students who have a passion for wellness, are excited to work with a team, and who feel they can commit to the responsibilities of a Wellness Peer are welcome to apply!

The benefits of being a Wellness Peer:

- Leadership experience in creating and participating in events and programming
- Public speaking experience that benefits credentials for graduate school and/or future career endeavors
- Professional references and connections with many departments on campus

- Connections with others who are passionate about health wellness from diverse backgrounds
- Opportunity to enhance knowledge and develop expertise in a range of topics related to mental health, physical health, and holistic wellness
- Consistent guidance under supervision with on-staff facilitators through weekly Wellness Peer meetings

Application process:

1. Completely fill out the application. **It will be open until Sunday, September 8th at 11:59pm.** *A CV or resume is optional but welcome!*
2. **One** professional recommendation letter is required. **Send the link at the end of this application** to your recommender **by Sunday, September 8th at 11:59pm** (*It can be filled out by a faculty member, staff member, mentor, a supervisor, or someone you have a professional relationship with. We are looking for someone who can vouch that you can work well with others!*).
3. Expect an email from us to be selected for a short in-person interview from September 9th - September 13th!

As a Wellness Peer, you must:

- Have availability to attend the *mandatory* initial training on **Saturday, September 14th from 9 AM-3 PM** (Location TBD).
- Have availability to attend the **weekly** meetings from 4:30-6pm (weekday and location TBD)
- Commit to the minimum of developing and participating in at least 2 programming events throughout the 2024-2025 year.
- Be in *good academic standing* to apply and remain committed as a Wellness Peer.

[Click here to apply to be a Wellness Peer!](#)

If you have any questions about the Wellness Peer program, please reach out to Gabbie Consing at gconsing@clarkson.edu.