

OHSU Scholars of Wellbeing Role Description

A diverse network of student leaders passionate about improving wellness on campus and becoming the next generation of leaders in wellness

Activities

- **Lead or co-lead wellness projects in collaboration with Student Health that improve the wellbeing of OHSU students and are driven by student ideas, needs and passions**
- **Develop and nurture student leaders in wellness, preparing students with the skills, knowledge and experience to promote cultures of wellness**
- **Monthly meetings to: participate in training related to wellness and leadership, plan projects, hear from guest speakers, and collaboratively learn and determine how to support a culture of wellness on campus and within health institutions in general**

Two levels of engagement, approximately up to 10 positions available

Responsibilities as an OHSU Scholars of Wellbeing Participant (averaging ~2-5 hours/month):

- **Attend regular Scholars of Wellbeing meetings. Communicate when unable to attend meetings and stay engaged via email, Teams (online communication platform), or other methods.**
- **Support wellness projects being co-led or organized by other students**

Responsibilities as an OHSU Scholars of Wellbeing Student Leader (averaging ~2-5 hours/month PLUS service project)

- **In addition to the Participant responsibilities:**
 - **Lead or co-lead a wellness project during the academic year. The Scholar can propose a project of their own, co-lead with another student, and/or assist with a project needed by Student Health. Potential project ideas might include: creating the Student Health Advisory Committee monthly or quarterly newsletter; creating or compiling online wellness content for students; co-presenting on a wellness topic that benefits students; organizing a health-related community service project; helping conduct part of a wellness needs assessment; etc.**
 - **Submit a brief written proposal of your project. Keep Student Health and/or Scholars of Wellbeing informed about your progress and any roadblocks.**
 - **Submit a brief outline of the completed project and your role, involving a minimum of 10 hours of direct service and leadership, in addition to regular attendance at Scholars of Wellbeing meetings.**
 - **Student Leaders will be eligible to receive a \$500 leadership award after completing all requirements.**

OHSU Scholars of Wellbeing Application Form

Thank you for your interest in promoting the well-being of OHSU students! Please email this completed form and your resume or CV to Jen Cai at caije@ohsu.edu. Please apply by August 31st for priority consideration. Applications will be reviewed on a rolling basis after August 31st. The cohort will start in October.

Name: _____

Email address: _____ **Phone number:** _____

Program and year: _____

Which level(s) of engagement are you interested in? Please put a "1" by your top choice and a "2" by your second choice (or leave the second choice blank if you only want to be considered for one level). See the role description for details on what each level involves.

_____ Scholars of Wellbeing Participant

_____ Scholars of Wellbeing Student Leader

What interests you in joining the OHSU Scholars of Wellbeing? What are you most excited about?

What experiences, skill sets, perspectives, backgrounds, and/or passions will you bring to your work with the Scholars of Wellbeing?

What initial ideas do you have for a wellness service project to benefit OHSU students?

Are you able to commit to attending Scholars of Wellbeing meetings approximately every 1-2 months? These will be determined based on the majority of participants' schedules, and will likely be a weekday evening (6 or 7 pm) or noontime from October - May. Are there any concerns you want us to know or discuss ahead of time?

Is there anything else you want to share with us?

Applications will be reviewed by Jen Cai, Student Health Wellness and Outreach Program Manager, Lili Bornio Carrillo (PA '22 and Scholars of Wellbeing co-founder), and Maria Hayes (OHSU Clinical Psychology Student and Student Worker at Student Health).

Criteria includes:

- **Representation across OHSU programs**
- **Ability to commit to regular participation in Scholars of Wellbeing activities**
- **Experience and/or demonstrated strong interest in promoting wellbeing and developing as a leader in wellness**
- **Diversity of interests, experiences, backgrounds, and perspectives across the cohort**

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