

## OHSU Scholars of Well-Being Role Description

### Developing a diverse network of passionate student leaders to improve wellness on campus in ways that support their own well-being

#### Activities

- Lead or co-lead wellness projects in collaboration with Student Health that improve the well-being of OHSU students and are driven by student ideas, needs, and passions
- Gain skills, knowledge, and experience to increase wellness on campus in community with other student leaders
- Engage in self-care practices and learn how to lead in a way that stays true to your passions and honors your own well-being
- Meetings every 1-2 months to: participate in training related to wellness and leadership, plan projects, hear from other students and occasionally 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 Well-Being Participant (averaging ~1-2 hours/month):

- Attend Scholars of Well-Being meetings. Communicate when unable to attend meetings and stay engaged via email or other methods
- Support wellness projects being co-led or organized by other students

#### Responsibilities as an OHSU Scholars of Well-Being Student Leader (averaging ~1-3

##### 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.
- Some past projects have included: creating online wellness content for students on topics such as nature and wellness and burnout prevention; starting and leading a self-compassion student club; compiling a recipe book for students; teaching a self-defense workshop; improving the meditation room at RLSB; and more. Ideas can evolve over time and we will support you with that process of brainstorming and fine-tuning!
- Submit a brief written proposal of your project. Keep Scholars of Well-Being staff 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 Well-Being meetings.
- **Student Leaders will be eligible to receive a \$500 Leadership Award after completing all requirements.**