

DIVISION MISSION

Student Affairs provides programs and services that optimize student learning and leadership, builds a safe supportive and welcoming campus community, fosters the emotional growth and personal development of students, and makes a positive contribution to the overall student experience.

DEPARTMENT OVERVIEW

Campus Recreation & Wellness at East Carolina University provides the following programs and services for the campus community: Intramural Sports; Physical Activity & Fitness; Informal Recreation; Club Sports; Adventure Programs; Youth and Family; Aquatics/Safety Services, Wellness, and Special Events.

MINIMUM QUALIFICATIONS

- Must be a current ECU student in good academic standing.
- Completion of HLTH 1000 or other health related courses.
- Proficient in Microsoft Office.
- Ability to make time commitment of 5-10 hours per week
- Current CPR certification (Or willing to complete certification within 60 days of hire).

SCOPE OF POSITION

As a member of the Wellness Program staff, the Well-Being Ambassadors are responsible for educating their peers about overall health and well-being. Well-being Ambassadors are trained students who work with other students to promote wellness through educational programs, presentations and events. Ambassadors' main focus is to provide wellness outreach programs to serve their campus and community. Responsibilities include:

The position is approximately 5-10 hours per week during the fall and spring semesters.

Responsibilities:

- Develop and conduct health education outreach programs and presentations on a variety of topics including, mental health, substance use, sexual health, nutrition, healthy relationships and more for student organizations, academic classes and residence halls
- Staff, track attendance, and engage with student population during weekly wellness events including, Munchie Monday, Therapeutic Thursday and Fresh Food Friday.
- Work a flexible schedule as needed including availability for presentations, programs and meetings on nights and some weekends.
- Assist with Campus Recreation and Wellness programs and special events, including Raid the Rec, Beach Fest, Fresh Check Day and more.
- Create content for the Stall Talks on topics such as mental health, career well-being, stress management, and more.
- Serve as an advocate, mentor and ally for the Ecu Collegiate Recovery Community and staff the Collegiate Recovery Center
- Employ critical thinking skills and inventiveness to improve wellness, fitness and CRW standard operating procedures and outreach programing format.
- Adapt to departmental changes while enhancing knowledge and scope of practice.
- Provide mentorship to fellow CRW employees through effective communication and constructive feedback.
- Uphold the integrity and reputation of the Wellness and Fitness area, Campus Recreation and Wellness, and East Carolina University by providing exemplary customer service to students, staff and the Greenville community.
- Solicit formal and informal feedback from supervisor and fellow CRW employees to enhance self-awareness and growth.
- Recognize and resolve important or conflicting matters in a calm and respectful manner while proactively monitoring the Wellness Center.
- Develop capacity to think critically and interpret factual information to effectively educate CRW members and the ECU campus community.
- Other duties as assigned.

As a result of being a student employee within the Division of Student Affairs, students will have the opportunity to gain the following competencies based on NACE Top Ten Skills Employers Seek and CAS Learning Domains:

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| • Effective Communication | • Effective Reasoning | • Teamwork |
| • Accountability/Integrity | • Mentorship | • Adaptability/Resiliency |
| • Self-Awareness | • Conflict Resolution | • Self-Awareness |

DATES OF EMPLOYMENT & COMPENSATION

- Starting hourly rate will be \$9.00/hour.
- Position is considered seasonal employment with varying hours dependent up calendar of activities.
- Reports to the Coordinator of Wellness

APPLICATION INSTRUCTIONS

Applications must be submitted through ECU's PeopleAdmin system. Visit ecu.peopleadmin.com, create a profile and apply for the position listed under Campus Recreation & Wellness. Email: campusrec@ecu.edu.

Note: Federal Law requires proper documentation of identity and employability at the time of employment. It is requested that this documentation be included with your application. East Carolina University is an affirmative action, equal opportunity employer and as such encourages applications from qualified women and minorities.