

**University of Central Florida
Student Health Services
WELLNESS PEER CONSULTANT**

QUALIFICATIONS

1. Completion of at least 15 credit hours at UCF and sophomore status by Fall 2004.
2. An overall grade point average of 2.5 (3.0 for graduate students).
3. **You must have completed the CHAMP, including the lab screen, prior to your interview.**
4. Two character reference forms (non-family member) must be received before your interview.
5. Appropriate personal qualities: initiative, sensitivity, dependability, and sincere desire to help other students.
6. Being a Peer Consultant should be a priority activity, which is second only to your academic pursuits.
7. Apply for College Work-Study Program (CWSP) at the UCF Financial Aid Office.
8. Complete HSC 3110, Medical Self-Assessment, by December 2004.
9. Attend our training and team building workshop/retreat, April 27th-April 29th, and a two-day planning workshop in Spring 2005. \$175 registration fee is due prior to the retreat. (You will be paid for attending these required events.)
10. Complete Wellness Peer Consultant Training Course during Summer A: 10 am - 4 pm on the Fridays of Summer A and 24 hours of observation and practice with a Senior/Grad PC in the Wellness Center. You may earn 3 hours of Independent Study credit or you may audit it. This is where you will learn to do the following:



POSITION DESCRIPTION

1. Administer the CHAMP lifestyle evaluation and fitness testing to clients (peers), and assist them with goal setting, wellness planning, and achievement (YOU become their personal cheerleader!).
2. Consult with students on wellness topics (stress management, nutrition, fitness, weight control, etc.), and make referrals to appropriate resources if necessary.
3. Explain/demonstrate all available Campus Wellness Center, Student Health Center, Counseling, and REACH Peer Education programs and resources to clients and visitors.
4. Be actively involved in planning, marketing, and implementing health related events and activities on campus throughout the year.
5. As senior PCs (optional), lead interactive workshops on wellness topics with another PC.
6. Be an active member of SWAT (dues current, 5 meetings plus 5 service hours per semester).
7. Maintain current CPR certification. We offer this class several times each semester.
8. Be a role model for your peers, with a positive and committed attitude.

PC APPLICATION

Name _____ Date _____
PID _____ Age _____ Sex _____ Date of birth _____
Local address _____
Permanent address _____
Home phone _____ Cell Phone _____
Campus email _____ Preferred email _____
____ Freshman ____ Sophomore ____ Junior ____ Senior ____ Graduate
years attending UCF _____ Expected date of graduation _____
Major _____ Minor _____ Overall GPA _____
If MSA is completed, which semester? _____ Grade _____ If not, when? _____
Applied for CWSP? __ Yes (date _____) __ No Approved? __ Yes __ No __ Pending

List your three most recent paid or unpaid positions.

Employer/address _____ Dates _____
Type of work _____

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Type of work _____

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Type of work _____

List your leadership/service experiences since in college (other than SWAT) with dates. Include any honors, awards, offices held. _____

What is your personal definition of wellness, and how is this reflected in your lifestyle?

Why do you want to be a Wellness Peer Consultant? _____

What can you contribute to the Wellness Program at UCF? _____

What do you expect to gain personally from your experience as a Wellness Peer Consultant? _____

Please check any special talents, experiences or classes you have in the following areas:

PEOPLE TALENTS

- ___ Organizational skills
- ___ Experience with Group Dynamics
- ___ Public Speaking/Teaching
- ___ Communication skills
- ___ Experience with Diverse Groups
- ___ Experience Working with a Team
- ___ Peer Counseling Experience
- ___ Program Development
(workshops, projects, events)
- ___ Health Education
- ___ Others (please describe)

TECHNICAL TALENTS

- ___ Audio-visual skills
- ___ Music or Drama skills
- ___ Art/Computer Graphics
- ___ Power Point set-up, presentation
- ___ Desktop publishing programs
- ___ Photography, Videotaping
- ___ Marketing/Media Development
(posters, flyers, ads)
- ___ Journalism skills
(writing, layout, proofreading)
- ___ Others (please describe)

How do you feel those special interests you have checked will be of benefit?

I have read the Wellness Peer Consultant Position Description and Qualifications and understand the large amount of time and dedication that I will be expected to commit to the wellness program if I am selected. I will attend the Orientation, Retreat, Training Sessions, and other mandatory weekly meetings as necessary. I (will) fulfill the Qualifications and am enthusiastic about becoming a "PC"!

Signed _____ Date _____