



## Graduate Assistant for Campus Recreation & Wellness Promotion - Wellness Education

### OVERVIEW

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#### Our Mission

Campus Recreation & Wellness Promotion strives to promote lifelong wellness through holistic education and quality recreation programs, services, and facilities that enhance the university experience through participation & leadership. Wellness Education works to promote a holistic approach to wellness within the Horned Frog community. Our goal is to serve students by helping them understand the value of creating a healthy, balanced lifestyle that will last a lifetime.

Graduate Assistants in Wellness Education are involved in assisting with the creation and implementation of wellness programs, educational campaigns, and promotion of Wellness Education. GAs will be assigned a specific focus area(s) within the Wellness Education Office, which include, but are not limited to, alcohol awareness, body image/positivity, and mental health. This position will assist in training and managing peer educators, providing outreach programs in residence halls, and providing wellness education workshops to campus groups such as academic classes or student organizations. Some night and weekend work is required. The GA position requires a high level of organization, enthusiasm for wellness education and working with students, and the ability to work independently on tasks.

#### RESPONSIBILITIES / OPPORTUNITIES

##### *Program Management:*

- Schedule and coordinate meetings, presentations, events, and trainings
- Assist with the development and facilitation of wellness programs
- Represent Wellness Education while partnering with TCU departments and student groups on programs, campaigns, and events
- Participate in training and obtain certifications as required to perform programming job duties
- Support planning and implementation of program evaluations
- Assist with special events and campaigns implemented through Campus Recreation & Wellness Promotion
- Assist with content creation and management of The Wellness Education website and social media accounts

##### *Wellness Peer Educator Supervision:*

- Assist the Assistant Director in planning and development of peer educator semester training
- Attend and assist with ongoing training for peer educators during weekly meetings
- Assist with mentoring peer educators
- Assist in feedback and evaluations of peer educators
- Assist with the recruitment and hiring process for peer educators