Wellness Chair Responsibilities

Wellness Chairs will:

- Collaborate with and report to the Coordinator of Student Health and Wellness Programming
- Create a monthly newsletter (pieces sent to the Coordinator)
- Plan wellness events for their halls with their RA’s
- Attend weekly meetings with the Coordinator of Student Health and Wellness Programming
- Meet regularly with their hall’s RHA members to assess and plan programing to meet community needs
- Maintain a close working relationship with their hall’s RA’s

Time Commitment (2-3 hours a week)

- Weekly meetings (1hr)
- Projects, events and initiatives as necessary (1-2hrs)
- Additional time as needed to plan and host events

As a result of serving in the position, Wellness Chairs will:

- Develop and strengthen critical thinking skills
- Demonstrate collaborative decision making
- Develop an awareness of leadership style, strengths and, values
- Learn techniques in motivating peers towards behavior change
- Gain a sense of responsibility to their halls, peers and the community at large
- Gain knowledge of and ability to utilize and refer students to resources on campus
- Learn how to plan events and promote/advertise effectively
- Network with community within and outside Linfield
- Gain valuable knowledge of peer health education skills and practices
- Learn about health issues related to college life and positive action to promote healthy lifestyles