

Graduate Assistantship in Wellness and Prevention Services

Wellness and Prevention Services, Appalachian State University

Last revised: 5/16/24

Location: Miles Annas Student Support Building

The purpose of the Graduate Assistantship in Wellness and Prevention Services is to support the department's mission by assisting with health promotion activities, clinical nutrition services and the Exercise Is Medicine (EIM) On Campus Initiative. Wellness and Prevention Services seeks to serve all Appalachian State students through the promotion of healthy behaviors, risk behavior modification services, and advocacy for campus-wide health policies which facilitate student success and holistic well-being. Our student workers support this vision by expanding our capacity to engage in this work. All necessary training will be provided.

Refer to the [Wellness and Prevention Services website](#) for more information about our mission, structure and those that we serve. Refer to the [Exercise is Medicine at Appalachian State website](#) for more information about EIM.

Duties/Responsibilities include but are not limited to:

- Developing and delivering nutrition-specific health education through a variety of methods, including, but not limited to contact tables, social media posts, and observing and potentially facilitating in-person nutrition appointments with students.
- Assisting with the development and delivery of Nutrition and/or EIM activities to students in a variety of settings such as club and organizational meeting spaces, online, or at contact tables.
- Supporting large departmental events, such as the Health, Wellness, and Safety Festival.
- Working collaboratively with the EIM team to coordinate engagement of student referrals and monitor, and evaluate the utilization of the Exercise is Medicine referrals to evidence-based physical activity programs.
- Supporting the EIM team in securing partnerships to expand the program, with a goal of increasing the number of students reached per semester.
- Key activities will include developing and delivering presentations for student organizations and appropriate courses, monitoring and tracking results of outreach efforts, promoting healthcare provider referrals to evidence-based programs, and possibly conducting focus groups.
- Addressing identified gaps that include creation of a support system for students participating in EIM.
- Assisting with adding events to the [App State Engage portal](#)
- Partnering with referral providers and creating other referral mechanisms.
- Developing and implementing marketing and communications efforts aimed at promoting referrals to evidence-based EIM programs.

Minimum qualifications for this position are:

- Enrolled in the nutrition graduate program
- Demonstrated desire, or ability, to assist students regarding student well-being issues

- Skills in facilitation, education, and communication
- Ability to work independently, follow-up on assignments, and take initiative on projects
- Comfort interacting with students in both group and 1 on 1 settings
- A willingness to be featured regularly on Wellness and Prevention social media accounts
- Proficiency in data analysis and presentation of findings
- Strong interpersonal skills, interest in building relationships with stakeholders, and able to work with a team
- Experience with developing tools and resources and giving presentations (strong facilitation skills and knowledge of adult learning principles and techniques)

Preferred qualifications for this position are:

- Experience as a peer educator in a collegiate health and wellness setting
- Knowledge of and/or experience with assessing quality of services (i.e., quality improvement initiatives), evaluation. Information systems to collect, track, and report activities and outcomes.

The majority of work will occur during normal operating hours of Monday - Friday, 8am - 5pm; however, some evenings and weekend work may be required. The graduate assistant will be provided with advance notice of evening and weekend work engagements. The graduate assistant will be required to work in-person for most of their hours worked.

This assistantship will be governed by the same rules and parameters as set forth by the Division of Student Affairs for all graduate assistantships. The individual selected for this assistantship is expected to work an average of 20 hours per week. The graduate assistant will be compensated an hourly wage of \$12/hr, paid for time worked, up to \$9,000, will receive a tuition remission at the cost of in-state graduate level tuition costs for the Fall and Spring academic semesters, will receive a parking pass, and will receive at least \$300 in professional development funding.

If selected, please be prepared to present [I-9 documentation](#) establishing your work eligibility at the beginning of your employment.

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