



## **St. Thomas More College (STM) Peer Health Mentor Volunteers Wanted**

STM Peer Health Mentors recognize the importance of health in mind, body and spirit and are willing to reach out and engage other university students to build a greater awareness of the value of student well-being. This requires dedication, creativity, and collaboration. The Peer Health Mentors at STM will have a unique opportunity to be a part of creating programming, events, and educational opportunities to engage the STM student body while attending USask.

### **Peer Mentors Benefit Community:**

Serving as a Peer Mentor is a valuable form of service that directly impacts our student community. By volunteering your time, energy, and knowledge, you contribute to the holistic care of fellow students and support them in achieving a sense of belonging in the university community.

### **Qualifications:**

- Currently enrolled in an undergraduate degree, or master's degree program at the University of Saskatchewan.
- Experience with STM student organizations or community service-learning will be an asset.
- Demonstrated ability and willingness to collaborate and work with others.
- Proven ability to work collaboratively and independently with minimal supervision.
- Demonstrated ability to communicate effectively both orally and in writing.
- Basic organizational skills and ability to pay strong attention to detail.

### **Time Commitment:**

STM Peer Health Mentors will have regular meetings with STM staff advisors in addition to preparation time for activity planning and one organizational meeting in late August: an average of two hours per week for both the fall and winter academic terms (September through April).

The weekly breakdown will normally be one hour per week for check-in meetings, and up to an hour for preparation and promotion of STM Peer health mentor-sponsored events and activities, for a total estimated commitment of approximately thirty (30) hours over the academic term.

### **Number of Positions Available:**

STM is seeking up to ten (10) Peer Health mentor volunteers to begin in August 2021.

### **Peer Mentor Incentives:**

- **Leadership and Facilitation Skills** – We help you develop skills to add value to your undergraduate experience and to take with you into your chosen career.
- **Honorariums** – Peer Mentors will receive an honorarium once per term, during the term that they volunteer. Honorariums are given as a small gesture of appreciation. STM Peer Mentors serve as volunteers and are not employees of the College.
- **References** – After a successful year in volunteering as a Peer Health Mentor at STM, letters may be written for any Peer Mentors that request a reference from STM's Campus Ministry Department.
- **Professional Development** – Professional Development opportunities will be woven into the weekly peer mentor training. Additionally, there will be opportunities to make connections to university leaders and more.

### **Supervision:**

STM Peer Health mentors will report to STM Campus Minister Michael MacLean.

### **Timelines:**

**August 6, 2021** – STM Health Mentor online applications due by 12:00 noon.

**August 9, 2021** - Those students that are accepted for interviews will be contacted via email and will sign up for a specific time slot for remote interviews.

### **How to apply:**

Interested students should submit a resume to STM Campus Minister Michael MacLean, STM Office 233, or via email at [mmaclean@stmcollege.ca](mailto:mmaclean@stmcollege.ca) as soon as possible.

*St. Thomas More College, the Catholic College federated with the University of Saskatchewan, is committed to the principles of Employment Equity and welcomes applications from all qualified candidates. Women, Indigenous people, people with disabilities, and members of visible minorities are invited to identify themselves as members of these designated groups.*