

WESLEYAN UNIVERSITY

Middletown, Connecticut 06459-0418

Human Resources**INTERNSHIP OPPORTUNITY****POSITION** Health Education Graduate Intern – Stress Management**DEPARTMENT:** WesWELL, Office of Health Education**LEARNING OPPORTUNITIES** The graduate intern will have the opportunity to address stress as it pertains to a diverse college student population through educational outreach and assist in ongoing health promotion efforts.

This is an unpaid position designed to fit into for-credit internship and practicum requirements for completion of a graduate studies program. Hours are flexible but may require night and weekends.

Under the supervision of the Director of Health Education, the graduate student intern will have the opportunity to develop skills and knowledge in the following areas:

Health Promotion

- Gain knowledge of health promotion theory and evidence-based methodologies for addressing health issues in a developmentally-appropriate manner.
- Gain knowledge of issues related to stress management, the implications for a highly diverse college population, and how it connects with other relevant health behaviors, such as alcohol and other drugs, sexual health, and sexual violence.

Program Development

- Collaborate with the Director and the Peer Health Advocates (peer education group) and other student organizations to plan and implement programs such as the Stress Free Zone, massage for stress relief workshops, residence hall-based programming, etc.
- Create and/or update print materials and online resources for students on stress management.

Training

- Collaborate with the Director to provide initial and ongoing training for the Peer Health Advocates.
- Collaborate with the Director and other relevant departments to provide training for students and employees, as needed.

Administrative

- Conduct assessment and evaluation, as needed

Specific duties and responsibilities will be determined in conjunction with the Director based on the graduate interns' interests and WesWELL's current programmatic needs.

PROFESSIONAL DEVELOPMENT

The intern will have the following professional development opportunities:

- Attend professional staff and committee meetings on campus, as appropriate
- Attend local or regional consortium meetings, as appropriate
- Attend one regional or national professional conference, as funding allows
- Meet regularly with supervisor

**MINIMUM
QUALIFICATIONS:**

Current enrollment in an accredited graduate studies program, including but not limited to health education/promotion, public health, student development, psychology, or counseling.

Interest in and ability to work with a highly diverse college population.

Interest in gaining experience working at a small, private, highly selective liberal arts institution.

**CONTACT
INFORMATION**

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Wesleyan University is an equal opportunity and affirmative action employer and welcomes applications from women and members of historically underrepresented minority groups and all applicants who support diversity.
