**WEllness Is Now (W.I.N.)**

**PEER EDUCATOR APPLICATION FORM**

**Wellness Is Now Peer Educator Mission:**

The mission of the W.I.N. Peer Educators is to promote awareness and educational programs on wellbeing and healthy lifestyle choices to Ramapo College students. The topic areas include, but are not limited to mental health, suicide prevention, stress reduction, sleep, nutrition, and sexual health. W.I.N. peer educators approach other Ramapo students with empathy, and utilize a harm reduction framework to support students and promote intervention services. W.I.N. strives to support a community that encourages healthy and safe behaviors through education, personal responsibility, positive social norms, academic engagement and a vibrant co-curricular life. Programs hosted by W.I.N. are open to all students.

**What Peer Educators Do:**

Peer Educators are ***Volunteer Students*** affiliated with Center for Health and Counseling Services (CHCS) who identify student needs, coordinate ideas and suggestions, and assemble engaging, educational programs to support the Ramapo College community in matters concerning student wellbeing. Examples of activities peer educators will participate in include campus events, tabling, and workshops. Peer educators may collaborate with Athletics, Office of Violence Prevention, the Women’s Center, Greek Life, Residence Life, SGA, Counselors, Health Services Nurse Practitioners, Public Safety, Faculty, and other campus organizations to bring awareness of wellness to other Ramapo students.

**Peer Educator Guiding Principles:**

To realize our goals and make Ramapo College a healthy and safe place to live, W.I.N. educators are committed to being:

* Educators– We will work to create change on the Ramapo College campus by teaching our peers healthy lifestyle strategies, harm-reduction techniques, bystander intervention, and decision-making skills. We will be aware of trends, myths and misperceptions on campus and educate accordingly.
* Activists– We will be dedicated to recognizing issues and implementing solutions that meet the needs of Ramapo College students. We will always strive towards a greater purpose and goal in the program, and work to maintain a culture of wellness on campus.
* Role Models– We will understand our role as teachers and community standard bearers. We will function accordingly at all times, regardless of time, place or situation.
* Responsible– We will be trustworthy, dependable, and accountable for the actions of ourselves. We will always make moral, rational, and thoughtful decisions with the understanding of their impact on the larger whole. We will be sincerely committed to our purpose on campus, and we will strive for excellence by following through with all responsibilities and seeing them to the end.
* Mature– We will act as adults with appropriate behavior and attitude.
* Flexible– We will be responsive, open, and devoted to constant improvement.
* Team Players– We will function as members of a group who selflessly relinquish personal recognition to reach the group’s common goals.
* Fun– We'll have fun and bring joy to our work and those around us by creating, supporting, and modeling an engaging and active learning environment!

**Qualifications:**

* Maintain a 2.8 Grade Point Average or above
* Desire to help other students
* Ability to organize and present materials
* Concern for the health and wellness of oneself and others
* Aspiration to support Ramapo College wellness policies

**Requirements:**

* Be able to commit up to 5 hours per week
* Attend the 12-hour training once you are accepted for the position and weekly meetings once an active W.I.N. peer
* Design, prepare, and present programs to students on campus based on resources provided to you
  + 8 programs per semester, with a minimum of 4 being tabling events
* Become knowledgeable about wellness education and wellness resources on campus and use this knowledge to refer other students to appropriate resources.
* Actively communicate with other peer educators and advisor, Megan Johnston, on questions, concerns, and scheduled programs
* Assist in the evaluation of program efforts, goals and outcomes, and offer input into future directions for the program
* Applicants must be on campus for Fall and Spring semesters during their first year as a W.I.N educator (travel abroad during January term is acceptable).

**Tell Us About Yourself:**

|  |  |
| --- | --- |
| **Name:** | **Used pronouns:** |
| **Ramapo Email:** | **R Number:** |
| **Campus Address (if applicable):** | |
| **Permanent Address:** | |
| **Date of Birth:** | **Graduation Year:** |
| **Cell Phone:** | **Program/Major:** |
| **Minor (if applicable):** | **Current GPA:** |

**Please check the top 5 health & wellness topics that interest you**:

Physical Activity Sexual Health

Suicide Prevention Stress Reduction

Body Image/Eating Attitudes Mental Health

Nutrition & Healthy Eating Sleep Health

Alcohol and Other Drug Other

**What area(s) specific to the Peer Educator role is of interest to you?**

**(Check all that apply)**

Program & Event Planning Presenting & Facilitating Workshops

Outreach Tabling Social Media & Marketing

Wellness Coaching Mentoring

Other

**Questions**

1. **Please list any other campus organizations that you belong.**
2. **Do you hold leadership positions in any of these organizations?**
3. **Being a Peer Educator can be demanding of your time. What other extracurricular and work responsibilities will you have and how will you manage these time commitments?**
4. **Why are you applying to become a Peer Educator? What do you hope to achieve for yourself and others?**
5. **What previous experiences have prepared you in some way to be a Peer Educator?**
6. **Describe your experience and knowledge with the topics/issues addressed by this Peer Education program?**
7. **What are common college student attitudes or issues surrounding wellness that you would like to see changed? What are some ways you think we can challenge these attitudes/issues?**
8. **Peer Educators are expected to be positive role models. Please describe how you would be a positive role model to fellow RCNJ students.**

| 1. **Please rate the following as they apply to you (Scale: 5-excellent, 4-good, 3-average, 2-needs work, 1-none) \*** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |
| **Communication Skills** |  |  |  |  |  |
| **Presentation Skills** |  |  |  |  |  |
| **Organizational Skills** |  |  |  |  |  |
| **Written Skills** |  |  |  |  |  |
| **Time Management Skills** |  |  |  |  |  |
| **Leadership Skills** |  |  |  |  |  |
| **Ability to work on a team** |  |  |  |  |  |

1. **Please attach a resume with this application.**

**Signature and Authorization**

**I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree with the Mission of the W.I.N. Peer Education Program and will follow all principles and requirements. I also affirm that all information submitted on this application is true. I understand that all information submitted will be considered and treated as confidential.**

By signing this application, you are authorizing: 

1. W.I.N./CHCS to check your GPA to verify that you meet minimum standards.
2. The release of any discipline information that may be on file in the Office of Student Conduct.

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Electronic or Physical Signature: Date:

**Please return application to: Megan Johnston via email (**[**mjohnst2@ramapo.edu**](mailto:mjohnst2@ramapo.edu)**) or to E-201.**