Student Health Services  
Graduate Assistant (1 position, 20 hours/week)  
Stress, Tobacco and General Wellness

Under the general supervision of the Associate Director for Campus Wellness and the Program Coordinator, the incumbent will work out of the Strom Thurmond Wellness & Fitness Center and be responsible for planning, implementing, and evaluating health awareness, education and behavior change programs for the University community, with special emphasis on stress management and the physical, emotional and intellectual side effects of stress. The duties for this position include:

Drop-in Center, appointment-based services & office management:
- Schedule and conduct individual consultations and preventative screenings (e.g. stress management, fitness assessments, exercise, weight management, tobacco cessation and personal wellness).
- Conduct preventive health screenings including blood pressure, fitness assessments and body composition analysis. Educate individuals on the meaning of their results and provide referrals as needed.
- Assist with coordination of and strategic planning for stress management services and consultation program.
- Design and post bulletin boards depicting monthly health and wellness themes.
- Assist with statistics and reports for services and programs.
- Cross-train to other team areas/consultations as needed.

Programs & Presentations:
- Conduct on-going research and resource procurement for a wide variety of mental health-related topics (stress and time management, biofeedback, risk factors for youth and cutting edge programming, self-efficacy) to ensure up-to-date resources are available.
- Coordinate and facilitate education workshops, tabling events, and presentations for academic classes and student groups (e.g., Health Fairs, Changing Carolina).
- Assist with planning, implementing and evaluating Stress Less for Success campus-wide education and awareness campaign (e.g., art therapy, financial literacy, pet therapy, etc.)
- Assist with the planning, implementation and conduction of the Tobacco Treatment Program (e.g. Great American Smokeout, Kick Butts Day, Tobacco sanctions course)
- Assist with other events and campaigns as needed (e.g. Welcome Week, Orientations, Mental Health Initiative campaigns/events).
- Cross-train to other team areas for presentation coverages as needed (i.e. nutrition, physical activity)

Changing Carolina Peer Leaders:
- Serve as a content-area expert and assist with teaching and leading undergraduate peer educators.
- Assist in training Changing Carolina peers to lead stress management U101 presentations.

Skill Requirements:
- Ability to mentor, lead, and inspire college-aged young adults and/or faculty/staff.
- Ability to effectively design and deliver group-based nutrition programs and facilitate community health workshops and presentations.
- Effective oral and written communication skills.
- Strong interpersonal, programming and organizational skills and ability to work cooperatively on a team.
- Ability to maintain confidentiality in working with and advising students and/or faculty/staff and utilizing Point and Click electronic medical records database.
- Interest in contemporary college mental health issues, particularly those related to stress and time management.

Additional Expectations:
- This position requires occasional evening and weekend work, including but not limited to facilitating presentations and workshops, attending meetings related to outreach, and working/attending awareness and education events sponsored by Student Health Services and/or campus partners.

Stipend and Dates of Employment:
- This position provides in-state tuition rates and an academic year stipend.
- This position is for one academic year, including fall and spring semesters. The start date for this position is August 8, 2016 and the end date is May 3, 2017. For more information about Student Health Services visit: http://www.sa.sc.edu/shs

To apply for this position, please submit the online application, a statement of interest (300-500 words), and your current resume/CV on the Student Health Services website https://www.sa.sc.edu/shs/aboutus/careers/. The deadline for application is April 5, 2016.
Preference will be given to MPH and MSPH graduate students in Health Promotion, Education, and Behavior or closely-related disciplines such as Sociology, Anthropology, or Social Work. However, qualified students in other disciplines will be strongly considered as well. Training and education will be provided to the incumbent. For more information contact; Starr Wharton, Associate Director of Campus Wellness, swharton@mailbox.sc.edu, 803-777-9603.