Student Health Services
Graduate Assistant (1 position: 20 hours/week)
Stress Management

Under the general supervision of the Program Coordinator for Stress Management, the incumbent will work out of the Center for Health and Well-Being and be responsible for providing Stress Management Consultations, with a foundation of wellness coaching and motivational interviewing. The incumbent will also be responsible for planning, implementing, and evaluating health education programs for the University community, with special emphasis on stress management and mindfulness.

The duties for this position include but are not limited to:

Appointment-based services & office management:
- Conduct one-on-one stress consultations
  - Emphasis on motivational interviewing and health behavior change through wellness coaching
- Assist with marketing and promotion of stress management services, including the C.A.L.M. Oasis
- Maintain and develop social media, website, digital media, and other media content
- Assist with statistics and evaluation for Healthy Campus Initiatives services and programs, including meditation offerings

Programs & presentations:
- Assist with planning, implementing, and evaluating evidence-based education programs and presentations for students, faculty and staff in stress management related areas such as: mindfulness, time management, priorities, self-care
- Coordinate and facilitate education workshops, tabling events, and awareness campaigns for academic classes and student groups (e.g., Health Fairs, Changing Carolina presentations, Farmers' Markets, and residence hall events)
- Assist with Healthy Campus Initiatives events and campaigns as needed (e.g., orientations, Be Well Carolina, etc.)

Changing Carolina Peer Leaders:
- Serve as a subject matter expert for the undergraduate peer leader program and assist with teaching and leading students
- Train peer health educators to lead the “How to Quiet a Racing Mind” U101 presentation
- Conduct U101 presentations as needed

Skill Requirements:
- Ability to mentor, lead, and inspire college-aged young adults and/or faculty/staff
- Ability to conduct individual stress management consultations and utilize motivational interviewing effectively
- Ability to effectively design and deliver individual and group-based stress management programs (comfortable with public speaking, creating talking points, etc.)
- Knowledge of student development and/or public health approaches and ability to evaluate programs
- Strong interpersonal, outreach, and organizational skills, as well as, ability to work cooperatively on a team
- Ability to maintain confidentiality in working with and advising students and/or faculty/staff
- Interest in contemporary health issues, particularly stress management, mindfulness and meditation, and self-care

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 Healthy Campus Initiatives 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 7, 2019 and the end date is May 1, 2020. For more information about Student Health Services, visit the web: www.sc.edu/healthservices.

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://sc.edu/about/offices_and_divisions/student_health_services/about/staff/index.php. The deadline for application is April 12, 2019.

*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 additional information, please contact Justina Siuba Program Coordinator for Stress Management at Siubal@mailbox.sc.edu or 803-576-9392.