Mentor Job Description

POSITION

Mentor for “Healthy PAC-CATS” Wellness Program.

Part-time, 10-12 hours per week, 10-12 weeks during the Fall Semester, 2008. (Hours may vary depending on schedule and number of students assigned)

90% direct service, 10 % paperwork, pre-service training REQUIRED at beginning of the semester (weekend before classes begin and first few weeks of class)

SUPERVISORS

Fred Newton, Director/Professor, Counseling Services Coordinator/Assistant Coordinator

RESPONSIBILITIES

Your job will be to act as a “wellness coach” working with incoming KSU students on an individual basis. The mentor will meet with a number of students for 8 weeks, assisting them in developing and achieving their goals.

The mentor must:

• Exhibit great listening and communication skills
• Be familiar with motivational strategies and problem solving techniques
• Be enthusiastic about wellness (nutrition, physical activity and personal management skills) and demonstrate these skills in their own lives
• Have knowledge of healthy behaviors OR be willing to learn more about them

QUALIFICATIONS

The mentor must:

• Be a current student in a field related to wellness, personal management or counseling (nutrition and exercise, kinesiology, human ecology, family studies, dietetics, sociology, psychology, etc)
• Have a strong background in at least one of these areas’ nutrition, physical activity or personal management
• Possess outstanding leadership and interpersonal communication skills

Preference will be given to applicants that have:

• Counseling or interpersonal communication experience
• Experience goal setting and identifying healthy behaviors

TO APPLY

Please contact Alex Serra (aserra@ksu.edu) or Katie James (kjames@ksu.edu). Include:

• A short (1/2 page) statement of interest
• A complete and updated resume
• 3 references, at least one instructor

APPLICATIONS DUE BY APRIL 21, 2008

**You will be contacted for interviews shortly after April 21**