Wellness and Prevention Services Gaming and Mental Wellbeing Intern
Wellness and Prevention Services, Appalachian State University
Last revised: 11/07/2022

Location: Miles Annas Student Support Building
Supervisor: Elisabeth Cavallaro, Assistant Director and Coordinator for Student Mental Wellness

Applicants must be receiving course credit for an internship through Appalachian State University to qualify for this opportunity.

The purpose of the Wellness and Prevention Services Gaming and Mental Wellbeing Intern is to support the mission of Wellness and Prevention Services by assisting with health promotion activities facilitated by Wellness and Prevention Services for Appalachian State University students. The position will assist with the coordination and facilitation of the Wellbeing Twitch streams and other mental wellbeing activities within the department. Wellness and Prevention Services seeks to serve all Appalachian State students through the promotion of healthy behaviors, risk behavior modification services, and advocacy for campus-wide health policies which facilitate student success and holistic well-being. Our student interns support this vision by expanding capacity for health promotion activities. This position will also assist with other tasks in the department as needed, such as front desk coverage and support for non-mental wellbeing related events. All necessary training will be provided.

Refer to the Wellness and Prevention Services website for more information about our mission, structure and those that we serve.

Duties/Responsibilities include but are not limited to:

- Coordinating wellbeing Twitch streams, which includes attending weekly planning meetings, creating talking points for streams, moderating streams, hosting streams, assisting others with their streams as needed, communicating with stream collaborators, advertising streams, and managing the Wellness and Prevention Services Discord Server
- Assisting with the coordination of mental wellbeing activities, including assistance with all mental health awareness events in March, and spring Koru Mindfulness classes
- Participating in the Mental Wellbeing Student Wellness Improvement Team, an interdisciplinary team that works to improve mental wellness of students
- Assisting with coordination of health promotion services, which includes planning, coordination, facilitation, promotion and evaluation of services
- Educating and spreading awareness about Wellness and Prevention Services to the campus community
- Assisting all personnel in the department with their work, as needed

The ideal candidate will have the ability to work independently and refer to work expectations to complete assigned tasks.
Minimum qualifications for this position are:
● A passion for mental health and wellbeing
● Extensive experience with current generation video gaming

Preferred qualifications for this position are:
● Experience as a peer health educator
● Experience with video game streaming on Twitch
● Experience managing a Discord Server

Student will need to be available Monday nights 6:30pm - 9:30pm and at least one other evening (Tuesday, Wednesday or Thursday) each week. There may be occasional weekend work to support departmental events. Please submit work availability when applying.

Preferred qualifications for this position are:
● Experience as a peer health educator
● Experience with video game streaming on Twitch
● Experience managing a Discord Server

Student will work 10 - 15 hours per week, depending on program of study internship requirements
Length of student’s employment is January 17, 2023 - May 11, 2023.
Position will earn $10/hour (Undergraduate)

The intern will be required to work in-person and utilize the gaming studio within the Department of Wellness and Prevention Services in the Miles Annas Student Support Building for some of their weekly hours. Work from other on-campus locations and remote work may be permitted with prior supervisor approval for tasks that do not require use of the gaming studio, although working in the office is preferred.

All genuinely interested and available undergraduate students who are eligible to receive internship credit at Appalachian State University will be considered. Interest in higher education, public health, and mental health would be ideal but is not required.

Candidates will be evaluated based on internship eligibility, qualifications, and an interest in developing skills relevant to the position.

If selected, please be prepared to present I-9 documentation establishing your work eligibility at the beginning of your employment.

Career Readiness and Enhanced Skill Sets:
Need more information? Refer to the National Association of Colleges & Employers website

- Critical Thinking & Problem Solving - The intern will develop these skills by being an active participant in health promotion coordination meetings, where they will participate in critical thinking and problem solving related to event planning
- Oral & Written Communication - It is of the utmost importance that the intern communicate with students attending health promotion event in a thoughtful manner
- Teamwork & Collaboration - Wellness and Prevention Services highly values our student work force to enhance Wellness and Prevention Services events and services. The intern will be
encouraged to share their thoughts and feelings about services and events. Our services can never improve without the input of our student staff.

- **Digital Technology** - The intern will utilize various technologies during this internship, including Streamlabs, Twitch, Discord, Adobe Creative Cloud and Google Cloud. The intern will be trained to navigate these on a daily basis.

- **Professionalism & Strong Work Ethic** - The intern will learn to acknowledge their shared role as a member of the Wellness and Prevention Services team to accomplish assigned tasks.

- **Career & Self Development** - Working with Wellness and Prevention Services will allow the intern to develop wellness habits. With daily interactions with Wellness and Prevention Services staff, the Student Assistant will have endless access to our department’s beneficial resources. Our expectation though, would be that all of our student workers help “get the word out” to their peers to utilize our services.

- **Equity & Inclusion** - We serve every and all Appalachian State students. Our intern will interact with other students from diverse backgrounds and cultures. By observing and demonstrating our consistent level of respect and inclusivity to all students, the intern will gain knowledge, value and appreciation of all individuals’ differences.

- **Leadership** - Wellness and Prevention Services strongly encourages all of our students to explore opportunities that highlight their strengths, helps them develop interpersonal communication skills and encourages them to positively leverage their team members to accomplish shared projects.

**Office of Disability Resources Accommodations**: Appalachian State University is committed to providing an inclusive experience, accessible learning [and working] environments and equal opportunity to individuals with disabilities in accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act. Individuals needing reasonable accommodations should contact the Office of Disability Resources (828.262.3056 or odr.appstate.edu)

**AA/EEO Statement**: Appalachian State University is an Affirmative Action/Equal Opportunity Employer. The University does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, sex, gender identity and expression, political affiliation, age, disability, veteran status, genetic information or sexual orientation.

**Requested documents for applying**:

- **Cover Letter** that highlights relevant skills
- **Resume** - need assistance with your resume? Visit [Career Studio](https://www.appstate.edu/career-studio) resources to help you get started.
- **Spring Semester work availability**

Apply at: [https://wellness.appstate.edu/internships](https://wellness.appstate.edu/internships)