

GradCat Wellness Champion Fellowship

To support the wellness of graduate students, department-level initiatives are key – both in running local wellness events and helping to change culture and practices.

To this end, the Graduate School is continually seeking GradCat Wellness Champions to enhance cultures of wellness in departments across campus.

GradCat Wellness Champions strive to:

- Help identify initiatives which would enhance personal and professional development of graduate peers and build community in your department.
- Host and organize these initiatives in your department or college at least twice per semester and encourage students to attend.
- Serve as a departmental connection to the Graduate School, helping to disseminate information about events and alert about wellness concerns.
- Participate in trainings, programs and activities, and attend group meetings scheduled by the program coordinator.
- Be knowledgeable about graduate student support services on campus and communicate to your peers the benefits of participating in these activities.

This fellowship entails an approximate time commitment of two hours per week to ensure connections are made with peers and time is set aside for wellness event planning. GradCat Wellness Champions participate in meetings throughout the semester with fellow Champions and the program coordinator.

Qualifications:

- Be a graduate student in good academic and student conduct standing.
- Commit to enrollment throughout the fall and spring semesters.
- Be willing to learn and share information about the MSU community, student life, and campus resources.
- Demonstrate good interpersonal and communication skills.
- Have a genuine desire to help peers succeed.
- Demonstrate leadership skills.
- Be self-motivated with a positive attitude.
- Practice and promote diversity and inclusion.

Benefits

GradCat Wellness Champions will build close relationships with new students and develop leadership skills. This position will enhance career opportunities through professional development, recognition, and via networking channels with campus leaders.

GradCat Wellness Champions receive a fellowship stipend in the amount of \$500 for the academic year to be distributed in two \$250 installments; at the end of fall and spring semesters.