

## Graduate Wellness Champion Fellowship

To support the well-being of graduate students, department-level initiatives are key – both in running local well-being events, but also to help change culture and practices.

Hence, the Graduate School is continually seeking Graduate Wellness Champions to bring the [wellbeing initiative](#) into departments across campus.

### Graduate Wellness Champions strive to:

- Be knowledgeable of campus graduate student support services and communicate to your peers the benefits involved with participating in these activities.
- Help identify which programs would most enhance personal and professional development of graduate peers in your department.
- Help host and organize these programs in your department or college and encourage students to attend.
- Assist newly admitted students experience a smooth transition by explaining department expectations and cultural norms.
- Participate in trainings, programs and activities, and attend monthly group meetings scheduled by the program coordinator.

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 special event planning. Graduate Wellness Champions to participate in a monthly meeting with fellow Champions and the program coordinator. There will be a short onboard orientation session upon acceptance into the Wellness Champion program.

### Qualifications:

- Be 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 their peers succeed.
- Demonstrate leadership skills.
- Be self-motivated with a positive attitude.
- Practice and promote diversity and inclusion.

### Benefits

The Graduate Wellness Champion 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.

The Graduate Wellness Champion receives 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.