

COUNSELING & WELLNESS

WELLNESS AMBASSADOR PROGRAM

Application: Part I

Fall 2023-Spring 2024

Deadline: May 30th, 2023

BASIC INFORMATION

First Name: _____ Middle Initial: _____ Last Name: _____

SUId: _____ Program of Study: _____

Academic Classification (Fall 2022): (Sophomore, Junior, Senior) _____

Cumulative GPA _____ Email Address: _____

Phone: _____

Completed Wellness Cadre? Yes / No

If yes, when? _____

RELEVANT PREVIOUS EXPERIENCE

For this section, please include any experiences relevant to mental health and wellness engagement. The experiences can include academic, volunteer, or work experiences.

Example: Volunteer mentor/tutor k-5th, Southtown Housing (2018-2019), Cadre: Health & Spirituality (SP 20)
PSYC 101, Introduction to Psychology (Fall 19), Refugee housing & resettlement work (Summer 2021)

2023-2024 ACADEMIC YEAR COMMITMENTS

The Wellness Ambassador Program requires the ability to commit 2-3 hours/week.

Class Schedule for Fall 2023:

Work, Leadership & Involvement Commitments for Fall 2023:

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Application: Part II

What interests you about this position?

What are specific skills or strengths you bring to this role? (i.e. graphic design, social media)

Describe a time in the past when you demonstrated leadership.

Describe yourself in 5 words.

What is your strategy for managing stress?

What would you like to learn through this experience?

Please submit the name of one Samford faculty/staff member & contact info to serve as a reference:
