

Student Wellness Ambassador Team

S.W.A.T. members are ODU students who help to create a culture of wellness on campus. Ambassadors attend trainings and workshops to learn information and gain skills related to health and wellness. Wellness Ambassadors are critical to providing feedback, thoughts and ideas to enhance the current and future wellness programs at ODU. Student Wellness Ambassadors strive to be healthy role models on campus.

Purpose of the Program:

To improve the well-being of ODU students through a supportive environment

- Identifying leaders within the ODU community to further support health promotion and wellness initiatives.
- Recognizing and honoring the efforts of students in promoting a healthy and positive culture.

SWAT Members:

- Communicate and promote the University's health and wellness programs and services
- Help fellow students by serving as a resource to identify opportunities to enhance the health and wellness on campus
- Actively participate in the wellness programs and trainings
- Make recommendations on ways to develop and/or expand health initiatives
- Present with an enthusiastic and positive attitude

SWAT Member Responsibilities:

- Attend SWAT member meetings (where trainings and workshops take place): two per month
- Help organize one or more campus wide health events during the spring and fall semesters (see events list for options, or help create a new health and wellness program)
- Provide feedback, thoughts and ideas to enhance the current and future wellness programs.

SWAT Member Benefits:

- Welcome lunch and training
- Ambassador Welcome Kit
- 1/2 day wellness retreat
- Receiving first-hand information on ODU Health Promotion programs
- Learning to be a healthy role model
- Health & Wellness recognition program
- Expanding your knowledge of health and wellness
- Acting as a champion of wellness and catalysts for change

How to Become a SWAT Member

- **Attend the general interest meeting: 10/9/13 at 4pm in the Hampton/Newport News Rm**
- Contact Kim Carr in Health Promotion at kcholewi@odu.edu for more information. Applications will be accepted on a rolling basis --- make-up dates for trainings and workshops will be posted later in the semester.