



Higher Education Fieldwork Intern Position

Community Standards and Wellbeing

Institution: University of Redlands

Department: Community Standards and Wellbeing

Site Supervisor Name and Title: Jared Rodrigues, Associate Dean of Community Standards and Wellbeing; Christine Glissmann, Prevention Education Coordinator

Number of Openings: 2-3, depending on availability of coaches

Internship Description:

The Office of Community Standards & Wellbeing is seeking qualified and interested graduate students to serve as a Wellness Coach for undergraduate and graduate students. Wellness coaches will work one-on-one with clients to help them achieve a higher level of wellbeing based on their own self-selected goals. Wellness coaches will receive a comprehensive 24-hr training on motivational interviewing techniques, strengths-based coaching, goal setting, how to make a referral, and note taking and administrative skills. Commitment for the full academic year required.

Learning Outcomes:

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1. Develop an understanding of motivational interviewing and apply to client sessions
2. Develop an understanding of strengths-based coaching and apply to client sessions
3. Develop and understanding of goal setting strategies and apply to client sessions
4. Recognize when a client needs assistance outside of the scope of Wellness Coaching and appropriately respond and refer
5. Ability to speak knowledgeably on a variety of health-related topics
6. Demonstrate effective note taking and record keeping

Specific Duties:

1. Meet one-on-one with undergraduate and graduate students requesting Wellness Coaching
2. Attend weekly supervision meeting
3. Maintain personal schedule of coaching sessions
4. Maintain records (i.e., notes, assessment) on student meetings, and appropriately report issues
5. Maintain appropriate levels of confidentiality and privacy



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Required Skills:

1. Direct or transferable experience working with traditional aged college students
2. Willingness and ability to assume responsibility for confidential record keeping
3. Exceptional written and oral communication skills
4. Computer literacy

Schedule: 6-10 hrs per week. Traditional business hours, and evening/weekend hours available. Required Training.

Start Date: Open Enrollment

Interested students may submit résumé and cover letter to:

Christine_glissmann@redlands.edu