

Cowell Center Ambassadors

In Fall 2018, The Cowell Center is launching a new student group called the *Cowell Center Ambassadors*. The Cowell Center Ambassadors will primarily serve two purposes:

- Assist the SCU student body in better accessing mental health and physical health services via:
 - conducting on-campus programs
 - promoting the services of the Cowell Center
- Create a more meaningful experience for students who are interested in learning more about the helping professions, as well as, enhancing their presentation and facilitation skills.

Training will enhance and/or develop:

1. Writing Skills
2. Relevant content knowledge to presentation topics
3. Workshop facilitation skills
4. Public speaking skills
5. Active listening skills
6. Delivery of effective and constructive feedback to peers

Activities will include:

1. Develop and promote outreach presentations and/or workshops on issues regarding physical health, mental health, and the college experience such as; Sleep Hygiene; How to engage in self-care; Healing from the common cold/flu; Working to resolve roommate conflicts; Understanding health insurance; and, any other topics of interest.
2. Advertise presentations and workshops to student groups and other interested audiences.
3. Deliver presentations and workshops.

[APPLY HERE TO JOIN!](#)