"Mindfulness isn't difficult, we just need to remember to do it." – Sharon Salzberg

Job Description
The student occupying this position is responsible for designing and implementing creative programming targeted toward improving the overall wellness of fellow graduate students. Position goals include providing weekly or biweekly wellness practices, organizing events for the Xavier graduate student community, and engaging in outreach efforts in graduate student classrooms to connect graduate students to wellness programming.

- Weekly or biweekly, regularly scheduled wellness practices delivered to a core group of graduate students committed to weekly attendance. (yoga, meditation, mindfulness, music, art, creative writing)
- Larger Xavier community events for featuring guest speakers and presenters, open to all graduate students. (kirtan and dance party, healthy eating initiatives, massage and healing touch, community mindfulness gatherings)
- Outreach efforts that bring brief, sample wellness practices into graduate classrooms. (guided meditation, mindful eating, movement, education)
- Efforts to connect graduate students to the larger Cincinnati community’s leaders in wellness practices.

Possible community partnerships:
- The Shakti Factory
- City Silence
- True Body Project
- Contemporary Dance Theater Cincinnati
- Vitality Cincinnati
- Loving Hut Vegan Cuisine
- World Peace Yoga

Semester/Date of Position
Fall 2020, and Spring 2021

5 hours each week for entire 16-week semester(s)

Qualifications
The applicant must be able to organize community partnerships and possess exceptional communication skills. Applicant should also be self-motivated and resourceful with the ability and initiative to work independently and with others. Clinical mental health counseling or school counseling student preferred.

Only graduate students enrolled in a Xavier degree or licensure seeking graduate program are eligible to work in a Graduate Assistantship position.

Upon hiring, On-Campus Employment Forms are required before employment begins.
**Requested Application Materials**
Submit a resume, the application, and a one-page essay stating qualifications. The application is found on the following webpage:

https://www.xavier.edu/graduateschool/graduate-assistantships/applying-for-graduate-assistantship

**Salary/Tuition Remission**
$8.70 hr., and 3 credit hours each semester

**Contact Information**
Please send all application materials and questions regarding the position to:

Diane St. Clair
stclaird@xavier.edu

Please send all general questions regarding graduate assistantships to XUgrads@xavier.edu or call 513-745-3957.

All application materials must be received no later than March 31, 2020.

*Thank you for attending Xavier University and for your interest in the graduate assistantship position.*