

Mind YOUR MOOD COMMITTEE DETAILS AND APPLICATION FORM



What is Mind Your Mood?

Mind Your Mood is a student-led mental health campaign. The campaign aims to educate students about mental health, whilst raising the profile of mental health within the student body.

Our objective is to address the stigma associated with mental illness, educate our students about their mental health through workshops and events.

Role Description

Mind your Mood is growing every year so going forward we need a Committee to make decisions and work with the Mind Your Mood Intern to ensure promotion and engagement of the campaign's workshops and events.

Eilish Cox
Mind Your Mood Intern
Student Wellbeing
Student Guidance Centre
Queen's University Belfast
mindyourmood@qub.ac.uk

There are also **two executive positions** available within the Committee of: **Vice-Chair and Social Media Specialist**– if you are interested in these positions please indicate on the application form.

Tasks/Activities

- Be present at Committee meetings. Meetings take place **every two weeks during the exam period**. Paperwork for meetings will be sent in advance and must be read before attending meetings. Members who cannot attend meetings will be expected to email any thoughts/suggestions on agenda items.
- Provide leadership, support and guidance, and contribute to executive decisions, sharing your ideas, thoughts and opinions on elements such as oversight of project funding and sustainability, promotion and awareness, priorities and new developments.
- Communicate your views and being open to the views and perspectives of other team members.
- Be an ambassador for the Mind Your Mood Campaign 😊

Skills & Values – Essential Criteria

1. Must be a current QUB student who is willing to volunteer during the exam period.
2. Awareness and a keen interest in mental health issues, and particularly issues students in higher education face and support available to them.
3. Excellent communication and interpersonal skills, able to build new relationships and work effectively as part of a team.
4. Personal qualities and characteristics: reliability, creativity, passion, open-mindedness, time management ability.

Additional Desirable Criteria

1. Experience in volunteering or working in an organisation or role that addresses mental health issues.
2. Training or education in a mental health-related area.
3. Experience of being part of a student-led campaign, group, initiative or committee.

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- **Specific tasks for the Vice-Chair**

1. Assist the Mind Your Mood Intern in conducting the Committee meetings.
2. Preside over fortnightly Committee meetings in the absence of the Mind Your Mood Intern.
3. Regularly meet with the Mind Your Mood Intern to discuss ideas and future events.

- **Specific tasks for the Social Media Specialist**

1. Assist the Mind Your Mood Intern in keeping the social media accounts up to date.
2. Promote upcoming Mind Your Mood events and activities.
3. Design, create and upload blogs/vlogs/Facebook Lives/posts dedicated to Mind Your Mood.

Incentives

A place on the Committee will give you excellent experience in working both in the area of mental health, and also provide a great opportunity in a leadership and executive context, whilst enabling you to make a valuable contribution to the student community. It will also provide you with an opportunity to develop your communication skills and self-confidence and it will make a valuable addition to your CV!

You can also apply for the Millennium Volunteers (if aged 25 and under) & Prestige Volunteers (if aged 26+) which enable you to achieve certificates evidencing 50, 100 and 200 hours of volunteering during your studies. Email volunteer@qub.ac.uk to register.

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Time Commitment

The Committee will meet **every fortnight from the week commencing 01/04/2019 during the exam period.** Each meeting will last around 1 hour.

Location

Student Guidance Centre, 91A University Road, Belfast.

Recruitment Process

- Application Form Submitted - 22/03/2019
- Application assessed - Week commencing 25/03/2019
- Attend Training/Induction – 01/04/2019
- Begin Role – Week commencing 29/05/2019

Closing Date: **Friday 22nd March 2019**

Further Information

If you require any further information, please contact mindyourmood@qub.ac.uk

To apply return your completed form to mindyourmood@qub.ac.uk email subject: **MYM Committee Application**

Please state if you are needing any access requirements.

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Application Form

Please highlight which role you are applying for	Committee Member Vice-Chair Social Media Specialist
Name	
Student Number	
Term Address	Postcode:
Mobile Number	
Email Address	

Course of Study	
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Please tell us in **250 words or less** why you want to volunteer on the Mind Your Mood Committee. What experience, skill values or interests have you that will help you in the role (please refer to those set out in the role description). If you would like to apply for one of the executive positions (e.g. **Vice-Chair or Social Media Specialist** please also indicate in the box below).

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