

Work Study Position –Fall/Winter 2026-2027– Office of the Dean of Students

WELLNESS PROGRAMMING ASSISTANT

Job ID: 266466

Office of the Dean of Students

University of Toronto - Trinity College

DEPARTMENT/UNIT:

The Office of the Dean of Students oversees the non-academic aspects of student life at Trinity College, with a mission to foster belonging, personal growth, and academic success. The Wellness Programming Assistants are vital members of the Wellness team, contributing to student engagement and wellness initiatives across the College.

POSITION SUMMARY:

Supervised by the Director, Community Wellness and Community Wellness Coordinator, the Wellness Programming Assistant assists with wellness initiatives and orientation programs that help new and returning students feel welcomed, supported, and connected to Trinity College. This Work Study position is ideal for a student who is passionate about student well-being, peer support, and enhancing the first-year transition experience.

The Wellness Programming Assistant is a Work Study position designed to provide University of Toronto students with meaningful, paid, on-campus employment that supports academic and career development. In alignment with the UofT Work Study Program, this role offers hands-on experience in student engagement, peer education, student life, and wellness programming while helping students develop transferable professional skills.

Key Responsibilities

- Facilitate recurring weekly wellness programming in the Trinity's Wellness Spaces - for example office hours, crafting time, coffee and connect, and other programs.
- Develop and run monthly wellness programming in Trinity's Wellness Space - for example collaborations with Trinity and UofT clubs and groups, movement-based programs, art and creativity-based programs, etc.
- Help to curate and run Trinity's mending program - teaching sewing, mending and repairs skills and encouraging sustainability and creativity.
- Research, develop and create passive campaigns related to student health, wellness, engagement, and success.
- Serve as a welcoming point of contact for students, answering questions and providing guidance related to finding wellness supports at Trinity College.

- Help promote healthy campus involvement and student engagement opportunities
- Assist with event setup, check-in, breakdown, and on-site coordination
- Support outreach efforts through tabling, email communication, and social media
- Provide general administrative support, including scheduling, data tracking, and resource preparation
- Collaborate with Office of the Dean of Students staff, Wellness Team members, and campus partners

Student Learning and Development Opportunities

- Develop and articulate workplace competencies in wellness programming, communications, and leadership.
- Build self-awareness and professional networks through team-based work, campus collaboration, and mentorship.
- Connect academic studies to practical roles, particularly in health promotion, psychology, community engagement, or education.
- Reflect on career goals and translate co-curricular experience into future opportunities.

QUALIFICATIONS:

- Must be eligible for the **University of Toronto Work Study Program**
- Current U of T student in good academic standing (returning students preferred)
- Interest in student wellness, peer support, and/or first-year transition
- Strong interpersonal, communication, and customer service skills
- Approachable, reliable, and professional
- Ability to work some evenings or weekends during orientation periods
- Basic computer, organizational, and time-management skills
- Previous campus involvement or leadership experience is an asset

RELEVANT COMPETENCIES:

- Collaboration
- Communication and Media
- Fostering Inclusivity and Equity
- Health promotion
- Leadership
- Personal Health and Wellness

NUMBER OF VACANCIES: 2

APPLICATION DEADLINE: August 12th 2026 at 9:00 am

APPLICATION METHOD: Work-Study applications are collected through the Career Learning Network Application module.

START DATE: September 8st, 2026

END DATE: March 27th, 2027

HOURS PER WEEK: 9-12 Hours Per Week (up to 100 hours total)

REMUNERATION: Ontario minimum wage

Please visit the [University of Toronto's Work-Study website](#) for more information including eligibility.

We would like to thank all applicants for their interest, however, due to the anticipated volume of applications, only those selected for an interview will be contacted.