

The Reflect Organization

Student Fellowship

Every summer, Reflect offers students around the country an opportunity to participate in a **PAID, VIRTUAL, PART-TIME** student fellowship centered on mental wellness, leadership development, and connectedness.

WHAT IS REFLECT'S STUDENT FELLOWSHIP?

Reflect offers a paid, online, summer student fellowship focused on college student mental wellness. The fellowship runs for eight weeks and fellows are paid \$1,000 over the course of the program as a stipend. Fellows are in a cohort of approximately 20 other student fellows from colleges and universities across the country, each participating from wherever they are spending their summer months. Reflect's summer student mental wellness fellowship is part-time and requires students to engage with their cohort for 10 hours every week from June 13th to August 3rd (Tuesdays and Thursdays, 10am - 3pm Eastern Time).

Our goal is to develop fellows to be better resourced and more resilient mental wellness peer leaders on their own campuses and in their own communities.

WHO IS ELIGIBLE TO BE A REFLECT STUDENT FELLOW?

Reflect's summer student mental wellness fellowship is open to any college or graduate student, including students who are not degree-seeking or in "traditional" programs. We encourage you to apply or email us if you have questions! Students will need to commit to that summer's schedule, which is 10 hours of online time per week for eight weeks from June 13th to August 3rd (Tuesdays and Thursdays, 10am - 3pm Eastern Time). Fellows will need access to an internet connection and a suitable device (ideally a computer) to participate in the fellowship. **Students should be passionate about leadership and mental wellness!**

Our Program Focus

- Reflection
- Ecosystem
- Facilitation
- Leadership
- Empathy
- Care
- Transition

WHAT DOES A FELLOW DO?

Fellows spend two half-days per week with their cohort and the Reflect team, engaged in:

- Community building with other students
- Leadership development workshops
- Networking events with mental wellness leaders
- Skill building sessions
- One-on-one mentorship with Reflect staff
- Journaling, reflection, and self-care

** APPLY NOW **

If you're interested in applying for Reflect's summer 2023 fellowship cohort, please visit our website and submit an application today!

www.reflecteffect.org/fellowship



FELLOW TESTIMONIALS

"I really appreciate how [Reflect] took the time to create meaningful connections with each fellow, and created inviting, welcoming virtual spaces for us..."

Also, I realized in moments of stress recently, I've been thinking a lot about the impact of the one caring person idea...and I just wanted to share that lasting impact that Reflect has made on me!"

2022 Fellow

"The wellness curriculum helped me remember to take care of myself so that I could be there for others. I feel like I learned so much in a professional sense, too...I can't think you all enough!"

2021 Fellow

APPLY NOW

