

## Peer Support Program Information

*Want to make a difference? If you like to listen, support, and help or want to learn how... The Peer Support Program is looking for volunteers like you!*

### About the Peer Support Program

The **Peer Support Program** is a partnership between the Kwantlen Student Association (KSA) and the Kwantlen Polytechnic University (KPU) Counselling Services Department that offers one-on-one support and referrals to various resources. The program aims to foster an environment where peer relationships can help enhance and support the student experience at KPU. The Peer Support Program also plans mental health events, hosts peer-led workshops and participates in wellness programs.

The Peer Support Program relies on the compassionate work of its volunteers who support students in a safe and confidential manner. For this reason, we are looking for students across a variety of faculties, backgrounds, and experiences who are willing to take on the important role of **Peer Support Volunteer**.

### We are looking for volunteers who:

- Currently attend KPU
- Are 19 years of age or older
- Completed a min. of two semesters at KPU and have a min. of 12 credits
- Have a minimum GPA of 2.5
- Are looking to hone their communication, project management, event planning, presentation and mentorship skills
- Can demonstrate an understanding of students' needs and empathize with them
- Can commit to volunteering a minimum of 3 hours per week, per semester

*Each shift will be a different experience where volunteers have the opportunity to give back to the KPU community while developing their skill set!*

### Peer Support Volunteer Application Form

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

KPU Email Address: \_\_\_\_\_

Credits Completed: \_\_\_\_\_ Program: \_\_\_\_\_

Domestic or International Student: \_\_\_\_\_

Do you have a minimum GPA of 2.5? (Circle one) **Yes** **No**

If you **DO NOT** meet the required GPA, please add a brief explanation:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Please note that a criminal record check and vulnerable sector check will be required of all those who are chosen to become a Peer Support Volunteer.*

**Availability:**

- Training will be scheduled within the last two weeks of February in 2018 (including dates in Reading Break).
- Which campus do you prefer to volunteer at? (Circle one)

Richmond

Surrey

Both

1. If you were to become a Peer Support Volunteer, where would you like to see yourself in a year from now?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What are common problems that students face during their university journey?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What skills or experiences do you have which allows you to help others?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What do you think are some positive characteristics of a role model? Who is your role model and why?

---

---

---

---

---

5. When you think of the following issues, what major **feelings** come to mind for you? These can include your own reactions, or how you would imagine someone experiencing these situations might feel. Please note there are no right or wrong feelings. Please list **3-5 feelings** for each.

Abuse: \_\_\_\_\_  
Sexuality: \_\_\_\_\_  
Abortion: \_\_\_\_\_  
Suicide: \_\_\_\_\_  
Mental Health: \_\_\_\_\_

6. Describe a difficult situation you have experienced. What did you learn about yourself in this situation?

---

---

---

---

---

---

7. Do you have other non-academic commitments such as volunteering or work? If yes, how many hours do you dedicate to these commitments per week?

---

---

---

8. How did you find out about Peer Support? (Please check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Poster                          | <input type="checkbox"/> KSA                    |
| <input type="checkbox"/> Kwantlen Website                | <input type="checkbox"/> Instructor or Staff    |
| <input type="checkbox"/> KPU Career or Volunteer Website | <input type="checkbox"/> Counselling Department |
| <input type="checkbox"/> Classroom Presentation          | <input type="checkbox"/> Other: _____           |

*Please submit a copy of your resume with this application form.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

