

Peer Educator Program

Counseling and Psychological Services

WHO WE ARE:

Saint Peter's University Peer Educators are concerned about the safety and well-being of the student community. Their main purpose is to learn, educate and promote individual and community wellness, by providing and supporting programs that help to increase awareness about a variety of mental health issues. Some of the issues that may affect college students include depression, suicide, alcohol and drug use, sexual assault, self-esteem, academic struggles, building healthy relationships, and coping with stress. Peer Educators work closely with Counseling and Psychological Services and serve as positive role models and advocates to the Saint Peter's University community. Students involved in this program receive multiple trainings and workshops to help them support, identify and disseminate information regarding At-Risk students. Peer Educators benefit from the experience by developing skills that will help them throughout their lives.

REQUIREMENTS:

- Statement of Recommendation (see application).
- Good academic and disciplinary standing (recommended GPA of 2.7 or higher).
- Demonstrate interest in providing outreach to the campus community.
- Role model for healthy lifestyles.
- Social Science majors are a plus (i.e. Psychology, Sociology, etc.).
- Sophomore or older
- Available for approximately 3-5 hours per week.
- Available for at least a full academic year commitment.

RESPONSIBILITIES:

- Attend pertinent weekly trainings and meetings each semester.
- Help assess the mental health and wellness needs of SPU students.
- Create and present workshops and activities that promote awareness and education.
- Serve as a resource by providing information, assistance, and referrals to students regarding general wellness issues.
- Serve as a liaison between the student community and the Counseling and Psychological Services professional staff.

EVENTS SPONSORED BY CAPS & THE PEER EDUCATORS:

Wellness & Relaxation Fairs

Promotion of overall student wellness utilizing handouts, activities and guests from the community (i.e. yoga instructor, masseuse)

Various Workshops & Events

Workshops on various mental health topics, including Step-Up workshops, as well as participation in events/programming throughout the year. Examples of past events include: Diversity Day, NYC Suicide Prevention Walk, Alcohol Awareness Week, and information tables pertaining to different themes such as sexual assault, self-esteem, and sleep hygiene.