UCONN-Greater Hartford Campus
Counseling & Wellness Center (S.W.A.P.)

PEER P.A.L.S. PROJECT PEER COACH FACT SHEET

Introduction

The PEER P.A.L.S. PROJECT is a Counseling & Wellness Center/S.W.A.P. (S.tudent W.ellness A.dvocacy P.rogram) initiative designed for freshmen students. The objective of the PEER P.A.L.S. PROJECT (P.ersonal, A.cademic, L.ife-skills, S.upport) is to create a supportive campus environment that will empower freshmen students to become academically successful as they transition from high school to college (physically and emotionally). The PEER P.A.L.S. PROJECT matches UCONN-GHC freshmen students (Freshmen Peers) with eligible sophomore, junior or senior UCONN-GHC students (Peer Coaches). The intention of this supportive peer relationship is to foster academic success for Freshmen Peers.

Peer Coach Qualification Requirements

- UCONN-GHC students who have a sophomore, junior or senior class standing will be eligible to apply for peer coaching positions.
- Applicants will need to meet the following eligibility criteria that include academic standards and personal attributes/skills.
  - Minimum of 3.0 cumulative GPA.
  - Able to serve as a positive role model (e.g.: responsible, uses good judgment, behaves appropriately). Complies with UCONN student conduct policies with no previous university disciplinary sanctions.
  - Able to be assertive/proactive: can ask for assistance when necessary.
  - Well-adjusted to campus life (involved in student clubs/activities), and familiar with campus resources (CWC, CSD, Writing/Q Centers, IT Center, library).
  - Excellent interpersonal skills (communication, good listener, empathetic, non-judgmental, patient, welcoming).
  - Utilizes an effective time management system, and copes well with college life challenges.
  - Supports a healthy lifestyle (e.g.: life balance, nutrition, exercise, stress management strategies, sleep).
  - Ability to maintain ‘confidentiality’ (within stated limits).

Peer Coach Responsibilities & Expectations:

- Serves as positive role model to support Freshman Peer success (academically and socially).
- Contacts Freshman Peer at on regular basis throughout fall semester. The purpose of this check-in protocol is to assess the overall wellness status and academic needs of the Freshmen Peer.
- Orient Freshman Peer to campus, especially resources and student clubs/activities.
- Introduces and refers Freshman Peer to appropriate professional staff/faculty.
- Provides Freshman Peer with helpful information that addresses college transition issues.
- Respects relationship boundaries with Freshman Peer by complying with UCONN student conduct policies.
- Maintains confidentiality with Freshman Peer unless disclosures qualify as ‘limited confidentiality clauses’ (noted in Freshmen Peer/Peer Coach Agreement Forms). Note: if Freshmen Peer concerns seem urgent, the Peer Coaches will contact the CWC immediately for assistance.
- Meets with CWC Associate Director and/or professional staff on weekly basis for debriefing purposes.
- Attends required Peer Coach meetings/trainings.
- Completes a PEER P.A.L.S. PROJECT assessment survey at the conclusion of fall semester.
Peer Coach Application Process

- Peer Coach applicants will complete the PEER P.A.L.S. PROJECT application form. Applicants are required to obtain (1) reference letter from UCONN staff and/or faculty members, as well as submit their resumes.
- Once applications are approved, applicants will be invited for personal interviews with the Associate Director of the Counseling & Wellness Center, and/or other professional staff.
- All applicants will be notified of their application status as soon as their applications are processed. The applicants who are accepted into the PROJECT will be invited to a welcome meeting/training workshop.
- Once Peer Coaches complete their initial training sessions, they will be assigned Freshmen Peers.
- Additional follow-up meetings/training workshops will be coordinated during the semester.

Please refer to Peer Coach Application Form page 2.

Robin Shefts, Assoc. Director
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Undergraduate Bldg. rm. 210
ghccwc@uconn.edu  860-570-9288
Please complete the Peer Coach Application Form (print legibly). Return it with your current resume to the CWC at ghccwc@uconn.edu. Once your application form is processed, you will be notified as to whether or not you have been accepted to the interview phase of the Peer Coach application process. At that time, a request will be made for you to forward a ‘letter of reference’ from a UCONN professor or staff member to the CWC (time sensitive deadline).

Name ___________________________________________ Student ID# ____________________
Preferred Phone #: ( ________ ) ____________________________ Class Standing ☐ So. ☐ Jr. ☐ Sr.
Alternative Email Address ________________________________
Major(s) _____________________________________________ Cumulative GPA _____________
____________________________________________________________________________________________

Please explain why you are applying to be a Peer Coach at the UCONN Greater Hartford campus?

What qualities, skills and/or experience do you possess that would make you an effective Peer Coach?

Thank you for your interest in becoming a UCONN-GHC Peer Coach.

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