

Peer Mentor Program

The Counseling and Student Development Center (CSDC) Peer Mentor Program was established in 2010 as part of the Office of Student Affairs Students Helping Students Achievement Fellowship (OSA Fellowship). The goals of this fellowship include promoting the retention and graduation of UH Mānoa (UHM) students. The Peer Mentor Program's aim is to serve a range of UHM students who are challenged by academic and personal barriers.

The Peer Mentor Program is a comprehensive yearlong (Fall and Spring semester) training and service program. We recruit a class of 5 mentors who work as part of a collaborative team. Mentors will also have opportunities to develop more individualized projects promoting student mental health depending on their areas of personal interest. Students of all academic majors are encouraged to apply. The beginning of the fall semester focuses on training peer mentors on a wide variety of topics including the roles and responsibilities of peer mentors, confidentiality, maintaining boundaries, record keeping, active listening, stress management, time management/organization, self-care, and campus resources. As the fall semester progresses, peer mentors take on a more active role in supporting the wellbeing and adjustment of UHM students.

Peer mentors engage in a variety of activities such as:

- Participating in a weekly discussion/training meeting with CSDC staff
- Providing psychoeducational programming and outreach, including:
 - Tabling at large-scale campus events to inform students about the availability of counseling services and topics such as healthy relationships
 - Developing and creating posters educating students on topics related to mental health such as maximizing happiness, increasing motivation, and coping with stress
 - Participating in presentations on topics such as student mental health, recognizing and supporting students in distress, and time management
- Developing outreach and/or programming for at-risk students such as first-generation college students, students with disabilities, international students, and LGBTQ students
- Collaborating with CSDC staff members on projects related to shared interest areas
- Providing individual mentoring to assist students in accomplishing their personal goals
 - Peer mentors are typically referred mentees who could benefit from additional support in areas such as:
 - Time management
 - Stress management

- Self-care
- Connecting with campus resources (e.g., the Learning Assistance Center, the Writing Center, the Women's Center, LGBT Student Services, Student Recreation Services, and campus-affiliated clubs and events)
- Of note, peer mentors do not provide personal counseling services. Instead, they serve as an additional layer of support for their mentees.

Peer mentors will also complete professional development assignments and program evaluations through the Laulima learning community website for OSA Fellowship recipients.

Eligibility Requirements:

- UH Mānoa enrolled full-time student
- At least junior standing - preference given to juniors and seniors over graduate students
- Minimum 3.0 cumulative GPA
- Availability to dedicate 10-12 hours/week during Fall 2015 and Spring 2016

Compensation:

- Gain valuable skills and experience by helping students in a professional setting
- \$2,500 per semester merit scholarship award applied to student accounts

To Apply:

- Send an email of interest to the Peer Mentor Coordinator, Jesse Hutchison, PhD, at jesse93@hawaii.edu. Please attach a resume/CV including 1-2 professional references.
- Feel free to contact Jesse at the email address above or at 956-7927 if you have questions or would like any additional information.