

## Peer Support Volunteer Application Form

### About the Peer Support Resource Centre

The Kwantlen Student Association (KSA)'s **Peer Support Resource Centre** is a student-led program that aims to foster optimal mental health and well-being within the KPU community. We work towards this goal in several ways: by offering group social and wellness activities through our *Chatterbox* program, one-on-one support services, referrals, resources, mental health awareness events on campus and online.

The **Peer Support Resource Centre** relies on the compassionate work of its volunteers who are trained to engage with and support their peers through empathetic, creative, and fun approaches. We are looking for students from various of faculties, backgrounds, and experiences who are willing to take on the important and meaningful role of **Peer Support Volunteer**. The deadline to submit this application is **MONDAY, FEBRUARY 28TH BY 11:59 PM**.

**NOTE: Due to COVID-19 safety precautions, Peer Support volunteering shifts will remain online until further notice.**

### We are looking for volunteers who:

- Are current students or recent graduates of KPU
- Are 19 years of age or older
- Completed a minimum of 9 credits (at least 1 semester) at KPU
- Have a minimum GPA of 2.5
- Are looking to hone their communication, basic counselling skills, project management, group facilitation, event planning, social media marketing, graphic design, 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
- Can commit to volunteering for up to 4 events a year
- Can commit to volunteering with Peer Support for a minimum of 1 year
- Can volunteer for remote shifts and in-person shifts

**Submitting Your Application:**

1. Complete this application form and prepare a copy of your resume.
  
2. You can submit in one of the following ways:
  - a. Online: Attach and email a scanned version of your completed application form and your resume to [peersupport@kusa.ca](mailto:peersupport@kusa.ca).

**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?      **Yes**      **No**  
If you **DO NOT** meet the required GPA, please add a brief explanation:

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*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 takes place on an annual basis during the Reading Break in the Spring Semester (February).
  
- Which campus do you anticipate being able to volunteer on in the upcoming Spring and Summer semesters?

\*NOTE: We understand that it can be difficult to know which campus you will be able to volunteer at in the future so please provide your best guess.

Richmond                      Surrey                      Both                      Online



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

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

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3. 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?

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4. Due to COVID-19 safety precautions, Peer Support volunteering shifts will require students and peers to do their work remotely. Are you able to work independently from home to finish your tasks each week? If so, please tell us how about you will manage your time wisely while being supervised in an online environment.

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5. If you answered 'yes' to the question above, do you also have access to a stable internet connection and a laptop to do your work remotely?

Yes

No

6. You have a final assignment coming up that you felt you had enough time to complete. However, as your next Peer Support shift approaches, you recognize that you are feeling overwhelmed, and you do not have enough time to study and finish your assignment. How would you approach this situation?

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7. Do you have any experience planning or facilitating workshops, conferences, or group activities? If so, please tell us more. If not, tell us what skills or experiences you have that would help you accomplish these tasks.

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8. What are a few common challenges that students face during their university journey?

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9. What skills or experiences do you have that would allow you to help others?

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10. 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: \_\_\_\_\_

Racism: \_\_\_\_\_

Sexuality: \_\_\_\_\_

Abortion: \_\_\_\_\_

Suicide: \_\_\_\_\_

Sexual Assault: \_\_\_\_\_

Mental Health: \_\_\_\_\_

Sexual Health: \_\_\_\_\_

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

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

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|----------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> Poster                          | <input type="checkbox"/> KSA website                                     |
| <input type="checkbox"/> KPU Website                     | <input type="checkbox"/> KSA social media (Instagram, Facebook, Twitter) |
| <input type="checkbox"/> KPU Career or Volunteer Website | <input type="checkbox"/> Instructor or Staff                             |
| <input type="checkbox"/> Classroom Presentation          | <input type="checkbox"/> Counselling Department                          |
|                                                          | <input type="checkbox"/> Word-of-mouth from a peer or staff              |
|                                                          | <input type="checkbox"/> Other: _____                                    |

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

*Each shift will be a different experience where volunteers have the opportunity to give back to their KPU community while working on their personal development!*