



# HAMILTON COLLEGE PEER COUNSELING

2020-2021 Information Packet

## Welcome....

Thank you so much for considering being a part of our third class of Peer Counselors (PCs). The PC program is focused on providing greater access to mental health resources for students through counseling, outreach programming, and collaboration with other student groups. This is an exciting time to join the team and help further its impact as a truly unique and meaningful resource for Hamilton College.

If you are interested in more details, we encourage you to review the information packet provided and carefully examine the qualifications to determine if this is the right fit for you. If recruited, you will be joining an amazing group of students who seek to raise awareness, provide education, and serve as a resource to other students on a wide variety of mental health concerns. This is a **highly selective process**, with many applicants for only a few spots. Please reach out at any time should you have questions. We all look forward to reviewing your application and potentially meeting you in person!

Sincerely,

Dennis G. LaLonde, Jr, Psy.D. *Staff Psychologist*  
*Peer Counselor Program Coordinator*

Hidetoshi Hama, Ph.D. *Staff Psychologist*  
*Peer Counselor Program Supervisor*

## Program Overview

Peer Counselors (PCs) serve as an additional on-campus resource for students and are supported by the Counseling Center in their efforts. PCs work cooperatively with the campus to respond to student needs, promote student safety and personal wellness, meet individually and in support groups with students to discuss any emergent concerns, and hold events that cater to student wellness and stress reduction.

As a trained group of students, PCs are there for those who have a serious pressing concern, a difficult decision to make, or just need someone to talk with. There is no issue too big or too small!

### Job Expectations

- Hold walk-in hours once or twice during the week to speak with students experiencing personal concerns. PCs will always be paired with another PC. Hours may vary depending on need and schedule. All shifts are 3 hours in length.
- Participate in self-reflection through various modalities, including training around the therapeutic process and membership in a therapeutic group with your PC cohort to explore the more personal aspects of your role.
- Participate in weekly staff meetings where you will receive supervision on cases, plan outreach programming, and talk through difficult scenarios.
- Keep detailed documentation of every contact with students through walk-in hours or crisis on-call; submit all documentation to your supervisor weekly.
- Create and implement on-campus outreach presentations to student residence halls and organizations on topics such as: stress management, healthy coping, meditation, etc.
- Work closely with Counseling Center staff and other campus resources to help connect students with available services.
- There may be opportunities to receive training in and lead peer support groups based on availability and student interest.
- **Attend weekly supervision meetings on Mondays from 8:30-10:00am in the Fall 2020 semester.**

## **Applications and Training**

The application and selection process takes several weeks to complete. It requires a written application, a letter of reference, and (if selected), a follow-up one-on-one interview with the training team. **This process is highly selective.**

Training will begin informally towards the end of the Spring 2020 semester, with a more intensive 3-day training schedule prior to the start of the Fall 2020 semester. Training will consist of comprehensive skills review and application, ins and outs of outreach programming, and personal exploration as we prepare PCs for their roles on-campus. On successful completion of training, PCs are required to attend weekly supervision meetings on **Mondays from 8:30-10:00am** beginning in Fall 2020. This is non-negotiable.

All responsibilities begin in Fall 2020 and continue through Spring 2021 for students who advance through training and are accepted as Peer Counselors. This is a **two-semester commitment**. *For those selected, you will be automatically enrolled in the “Peer Counseling” course and will earn .5 credits per academic semester that you are part of the program.*

## **Job Qualifications**

- Remain a registered student at Hamilton College in good academic standing with a minimum cumulative GPA of 2.5 or higher.
- Be in good judicial standing.
- Possess strong leadership skills, conflict mediation skills, listening skills, and positive decision-making skills.
- Be able to design and facilitate student programs and activities.
- Possess the social skills to interact positively and objectively with students, faculty, and staff.
- Work effectively and positively within a collaborative team environment
- Be open and flexible in receiving and giving constructive feedback