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**Do you care about emotional well-being?**

**Are you interested in increasing visibility of diverse backgrounds?**

**Consider becoming a student leader in COPE**

**Counseling Outreach Peer Educators Application**

**Application Deadline:**

**Monday, March 16, 2020 at 5:00p.m.**  Submit application in person to the Counseling Center (Hogan 207) or electronically by e-mail to [ewoo@holycross.edu](mailto:ewoo@holycross.edu).

**Mission and Brief Description:**

COPE focuses on building a strong connection between the Counseling Center and Holy Cross students through inclusive outreach programming designed to increase student awareness of mental health issues and reduce the stigma associated with seeking help. Through direct programming and primary prevention efforts, COPE provides education and resources for students of diverse backgrounds. COPE seeks to promote emotional well-being among Holy Cross students and to help them resolve stressful situations when they arise. As a peer education group, COPE does not engage in peer counseling.

**Training:**

Following initial orientation training, which will occur before the start of the Fall 2020 semester, Peer Educators attend weekly planning meetings and monthly training seminars focused on psychological topics relevant to college students. Through relevant readings and discussions, peer educators will learn about a wide variety of mental health and adjustment issues impacting college students. Such topics may include: depression, anxiety, stress management, suicide prevention, diversity, relaxation training, coming out, multicultural issues, sleep hygiene, time management, first generation college students, homesickness, disordered eating, etc. Ongoing training will occur throughout the year during our weekly meetings and through attendance of campus and community conferences, workshops, and programs.

**Coordinator:**

Ellery Woo, Psy.D.

Staff Clinician and Coordinator for Outreach/COPE

Counseling Center

**Counseling Outreach Peer Educators Application**

**Background Information**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Educational Background**

Major: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Expected Graduation Year: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self-Evaluation**

Please evaluate yourself on the following characteristics. Questions pertaining to your rating may be asked during the interview process.

(needs improvement) (outstanding)

Awareness of diverse 1 2 3 4 5

backgrounds

Self-reflection on your 1 2 3 4 5

own identities

Communication skills 1 2 3 4 5

(public speaking)

Ability to work as part 1 2 3 4 5

of a team

Initiative/Follow through 1 2 3 4 5

Accepts responsibility 1 2 3 4 5

Uses good judgment 1 2 3 4 5

Creativity 1 2 3 4 5

**Essay Statement**

Please respond to the following questions and limit your total response to 1-2 pages:

1. What has made you interested in becoming a Counseling Outreach Peer Educator?
2. Please describe your experiences with public speaking and presenting. How would you describe your strengths and growth areas in an educational or group facilitation role?
3. Have you had personal experiences that have contributed to your interest in COPE and/or prepared you for your work as a Peer Educator? (Your response to this question will be kept confidential).
4. Please describe your perspective on engaging with individuals from different ethnicities, cultures, spiritual practices, sexual orientations, gender expressions, socioeconomic backgrounds, abilities, and values.

4a. How do you perceive your identities (invisible and/or invisible) inform your perspective on engaging with people

from diverse backgrounds?

1. Thinking about the mission of COPE, what issues or topics are you most interested in addressing on campus?