

Counseling Services
University of California, Santa Barbara

Stress Management Peer Program

Job Description

Stress management peer advisors work in the Stress Management Peer Office (SMPO) of Counseling Services and are available to assist students in acquiring new strategies for coping with stress. Resources within the SMPO include articles on stress management and other related topics, and CD's and DVD's. These are used in the quiet atmosphere of both of our relaxation rooms. One of our relaxation rooms has an Alpha-Wave Chamber, commonly called the "Egg-chair," and the other has a Shiatzu Massage Lounger.

Office Hours. Stress Peers work up to 10 hours per week for 10 weeks of the quarter. Peers decide whether the SMPO will be open during finals week. Each peer has 6-7 office hours per week in the SMPO. During these office hours the peers help individual students use a variety of stress management resources. Specific duties include greeting students, assessing student needs, referring students to specific resources or making a referral to a staff psychologist when appropriate. The peer will be trained in basic counseling skills and will provide students with support, basic stress management techniques, and peer advising on stress related issues and concerns. This job requires some counseling ability, strong listening skills, and the ability to maintain confidentiality. It also requires coordinating the use of the CD's and DVD's, the program equipment, and the relaxation rooms.

Research. Each peer is responsible for keeping abreast of 2-3 of the topic areas in the office. This requires time researching current information for 2-3 new articles per quarter. In addition, peers are required to keep handouts on the shelves well-stocked and notebooks corresponding to their topic area current and organized. Peers can also spend time during their office hours reading and selecting articles from accredited journals, magazines, books, and websites.

Outreach. Peers take part in campus-wide outreach efforts which require a good deal of planning and organization. Duties include educating students about stress management resources on campus through tabling at various campus events and fairs, disseminating information through campus newsletters, writing articles for the Nexus, and updating our web page. Peers co-lead at least two workshops per quarter. These workshops are for student groups, organizations, and clubs including sororities and fraternities, campus residence halls, and athletic teams. Attendance at the workshops can range from 5 to 200 students. Peers should demonstrate an ability to lead groups and make presentations. They will also help with advertising our Test Anxiety Program by making announcements, contacting professors, etc.

Staff Meetings. There is a one hour mandatory staff meeting each week. It is scheduled each quarter after the peers have confirmed their class schedules so that it is held at a mutually convenient time.

**Counseling Services
Stress Management Peer Office
2009-2010 Stress Peer Application**

Name: _____ Phone: _____

Mailing Address: _____
Street City Zip

E-mail: _____ Major(s): _____

Year in School: Fourth Year Third Year Second Year First Year Other

Class Standing (circle one): SR. JR. SO. FR. Other

Have you made a work commitment elsewhere on campus for 2008-2009? Yes___ No___

Please answer the following questions on a separate sheet:

1. What experience do you have with stress management?
(either personally or in a learning setting)
2. What experiences have you had in peer counseling roles?
(volunteer experiences, training, ED 165, peer counseling, being an RA, etc.)
3. What do you feel you could contribute to the program?
4. Why are you applying for this position?

This position requires that you be available for training the week before classes begin in Fall Quarter, 2009 AND be able to work at least ten hours per week for the ENTIRE 2009-2010 academic year. There are no exceptions.

- ✚ Come to one of the optional information meetings on **(Monday, February 2nd 2009, 5:00-6:00 PM, or Tuesday, February 3th, 2009, 5:00-6:00 PM)** in Room 1340 in the Counseling Services building.
- ✚ Submit this application (you must print it out if you doing this on-line), typed answers to the above questions, and a résumé to a receptionist at Counseling Services or a stress peer in the Stress Management Peer Office by **Friday, February 6th, 2009 at 2:00 PM.**
- ✚ A group interview will be held on **Tuesday, February 10th, 2009 from 5:00-6:30 PM** in Room 1340 in the Counseling Services building. You must attend if you want to be considered for an individual interview.
- ✚ Individual interviews will be held **February 17th- February 20th, 2009.**

Please tell us how you found out about this position (circle as many as necessary):

Nexus Flyers C&CS Website Friend Poster Other _____

Stress Management Peer Program Interview Availability Schedule

Name _____ Phone # _____

If you are selected for an individual interview, we will be calling you to confirm your interview appointment time based upon your schedule. Please mark **all** the times that you are **available** for an interview.

| Feb 17 th | Feb 18 th | Feb 19 th | Feb 20 th |
|----------------------|----------------------|----------------------|----------------------|
| <u>9:00am</u> | <u>9:00am</u> | <u>9:00am</u> | <u>9:00am</u> |
| <u>9:30am</u> | <u>9:30am</u> | <u>9:30am</u> | <u>9:30am</u> |
| <u>10:00am</u> | <u>10:00am</u> | <u>10:00am</u> | <u>10:00am</u> |
| <u>10:30am</u> | <u>10:30am</u> | <u>10:30am</u> | <u>10:30am</u> |
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Comments: _____
