

CERTIFICATE PROGRAM

The following are the minimum requirements and steps to complete the certificate program.

1. Attend a minimum of 5 psycho-educational seminars.
2. At the conclusion of each seminar, have your Friends Helping Friends brochure stamped by one of the presenters. This will verify your participation.
3. Turn in your verified brochure (with your name below) to the front desk of the UCI Counseling Center by Friday, May 19, 2017 at 5:00 PM.

Students who have successfully completed the requirements for the UCI Friends Helping Friends Certificate will receive a certification of achievement, along with a commemorative Friends Helping Friends drawstring bag.

Name: _____

UCI COUNSELING CENTER PEER EDUCATORS

2016 - 2017

Alma Leon-Osegura
Andrew Sengphrachanh
Astrid Bartolo
Erika Huerta
Judy Tam
Leona Odabachian
Miriam Fam
Nhan Truong
Nicole Giles
Shayon Falls
Susan Evbuomwan
Teresa-Trang Tran
Vanessa Avalos
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PROGRAM COORDINATORS

Gaby Herrera
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PSYCHOLOGY INTERN

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PROGRAM DIRECTOR

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UCI

COUNSELING CENTER



18th Annual

FRIENDS HELPING FRIENDS

Certificate Program

UCI Counseling Center

Presents....

FRIENDS HELPING FRIENDS



Dear UCI Students,

At some point in your life, you may have found yourself concerned about a good friend or colleague but were unsure how to approach and support this person. We at the Counseling Center believe that you can, in many cases, play a significant role in assisting someone you care about to get the help that they need.

Friends Helping Friends seminars, presented by the UCI Counseling Center Peer Educators, provide psycho-educational workshops and training for students who are interested in increasing their social, self-management and helping skills. The seminars, covering a wide range of topics, will assist you in developing skills that will enable you to identify and support a friend in distress. There is no cost for this program and it is open to all UCI students.

If you have any questions, please stop by the UCI Counseling Center, visit counseling.uci.edu, or call (949) 824-6457.

The "Friends Helping Friends" Certificate Program is sponsored by the UCI Counseling Center. Seminars are proudly presented by the 2016-2017 Peer Educators.

Living Together

Monday, April 10, 2017; 7- 8 PM Doheny Beach C, Student Center

The college experience often includes living with others. This workshop is designed to help you develop better relationships with your roommate(s) and make living together a positive experience.

Conflict Resolution

Wednesday, April 12, 2017; 7- 8 PM Moss Cove A, Student Center

We all have conflicts, and it is important to deal with disputes before they become triggers for stress. Learn and practice ways to deal with conflict before it damages or destroys a relationship.

Time Management, Procrastination, & Study Skills

Monday, April 17, 2017; 7- 8 PM Moss Cove A, Student Center

Not enough time in the day or too many tasks on your plate? Discover ways to prioritize and overcome procrastination by setting your goals ahead of time.

Test Anxiety & Stress Management

Tuesday, April 18, 2017; 7- 8 PM Moss Cove A, Student Center

Anxiety and stress can be overwhelming and affect your performance in school and daily life. Explore practical techniques that can help you reduce stress, better prepare for your exams, and cope with stress.

Communication/Assertiveness Training

Monday, April 24, 2017; 7- 8 PM Moss Cove A, Student Center

Communication is essential in many aspects of our lives including interpersonal relationships and public speaking. Gain assertive skills that can help you to convey your needs and goals while considering the needs and goals of others.

Social Relationships

Tuesday, April 25, 2017; 7- 8 PM Woods Cove B, Student Center

Maintaining healthy and mutually beneficial relationships is important. Primary foci will be on 1) understanding yourself and your needs in a relationship, and 2) positive communication skills that contribute to a successful relationship.

Community Building

Monday, May 1, 2017; 7- 8 PM Moss Cove A, Student Center

Getting involved on campus and joining organizations can be a big part of student life. This workshop aims to highlight different ways to build a strong, cohesive community.

Coping with Grief

Tuesday, May 2, 2017; 7- 8 PM Moss Cove A, Student Center

Loss is difficult. Whether the death of a loved family member, the loss of a cherished relationship, or the loss of a highly expected opportunity, learn to help friends who experience grief or loss.

Depression & Suicide Prevention

Tuesday, May 9, 2017; 7- 8 PM Moss Cove A, Student Center

Depression and suicide affect many on the UCI campus. Learn the signs of depression and suicide risk as well as how to support and assist yourself and others in need.

Body Image & Self Esteem

Wednesday, May 10, 2017; 7- 8pm Moss Cove B, Student Center

We live in a culture that places tremendous expectations and value on our daily appearances. For some, this may be stressful; come and learn about positive body image and self-esteem.

Life Transitions

Monday, May 15, 2017; 7- 8 PM Woods Cove A, Student Center

Change can be difficult. Coming to college, leaving home, graduating, and starting a new career are major life transitions that can be stressful. Learn to cope with and prepare for major life transitions.

Microaggressions & Cultural Awareness

Tuesday, May 16, 2017; 7-8 PM Moss Cove A, Student Center

Microaggressions are subtle unintentional or intentional insults or slights, and they can affect us in various ways. Learn what to do if you witness them around you.