

Apply to be a

**UC Irvine**  
Counseling Center



# PEER MENTAL HEALTH EDUCATOR

- Receive training and work with licensed mental health professionals
- Provide psychoeducational outreach services to UCI students
- Gain practical experience valued by many graduate schools
- Qualifies as S.E. 195 Field Study (Winter or Spring)
- Receive three units of academic credit each quarter

For further information, check out the Counseling Center website:

<https://counseling.uci.edu/peer-programs/peer-educator-program/> .

If you have questions, please email: [ucipeereducators@gmail.com](mailto:ucipeereducators@gmail.com)

## **Timeline for the selection process:**

**April 24th, 2026 - Deadline by 5PM**

(Applications and recommendation forms must be received by this date)

Only one recommendation form is required, but two are preferred.

**May 2nd, 2026 - Interviews**

(For further inquiries, please contact us)

## **APPLICATION DEADLINE**

**April 24th, 2026.** To be turned in electronically to [ucipeereducators@gmail.com](mailto:ucipeereducators@gmail.com) with Subject Line “Peer Educator Program Application” or in-person at the Counseling Center (Across from the Starbucks at The Hill)

**WORKING TITLE** - Counseling Center Peer Mental Health Educator

**TIME COMMITMENT** 7-10 hrs/week for the 2026-2027 academic year. Some evening/weekend hours

**ACADEMIC CREDIT** - School: Social Ecology

- 198 Directed Studies (Fall, Winter, Spring) 3 units, P/NP

- 195 Field Study Site (Winter or Spring)

**CLASS TIME** Wednesday, 3-5pm

**ACADEMIC REQUIREMENTS** Minimum GPA of 2.5

### **MISSION**

As a component of the Counseling Center's Consultation and Outreach Program, the Peer Educator Program trains undergraduate students to provide psychoeducational (primary prevention) services to the UCI student body.

### **POSITION DESCRIPTION**

- Participate in weekly training/supervision sessions
- Collaborate with fellow Peers Mental Health Educators to create and present interactive psychoeducational workshops to various student groups
- Meet with Counseling Center Staff to better understand Counseling Center services and to gain insight into potential future careers
- Assist staff with primary prevention outreach events
- Market the services of the Counseling Center and the Peer Program through flyering, tabling, poster-making, in-class announcements, and other creative outreach methods
- Raise funds to support the program
- Complete assignments relevant to development as both a Peer Mental Health Educator and an individual
- Create a special project to improve the program for future Peer Mental Health Educators

## **\*\*SKILLS TO BE ACQUIRED**

- Understanding the mental health needs of university students
- Workshop design and presentation skills
- Knowledge of primary prevention content areas (e.g. stress reduction)
- Understanding the role of a university counseling center
- Time management skills
- Cultural competency in interaction with a diverse community
- Communication skills and inclusive language
- Ability to recognize signs of distress and make a referral
- Leadership skills and collaboration skills
- Models of college student development

*\*\*Listings are not all-inclusive.*

**NOTE ABOUT APPLICATION:** The recommendation forms must be completed by instructors, advisors, or supervisors from your current or previous place of employment. Recommendations from family members, friends, or students cannot be accepted. All recommendations, in order to be accepted, must clearly state the name, position, and school/business of the recommender and be sent directly to Dr. Jessica Eldridge in business envelopes. Recommendations can sent to [ucipeereducators@gmail.com](mailto:ucipeereducators@gmail.com). Recommendations delivered by the applicant cannot be accepted.

# COUNSELING CENTER PEER MENTAL HEALTH EDUCATOR APPLICATION

**Full Name:**

**Contact Information:**

Local Address:

Permanent Address:

Phone: ( )

School email:

**Educational Background:**

School/Major GPA:

Current Status: Freshman | Sophomore | Junior | Senior

Expected Date of Graduation:

**Universities or Colleges Attended:**

School name	Dates	Major	Degree Conferred

**Work History:**

Experiences (paid/unpaid)	Date	Description of Employment	Reason for leaving

Optional: Please feel free to attach a resume to the application. However, the entire application must still be completed.

List relevant experiences (E.g. clubs, organizations, internships, volunteer, etc):

List or describe relevant coursework:

Career objective(s):

Please list all your commitments for the 2026-2027 academic year and the time you will need to spend on each per week. Include pending positions that you are applying for. (E.g. work, clubs, internships, etc.):

Activity 1: \_\_\_\_\_ Hrs: \_\_\_\_\_

Activity 2: \_\_\_\_\_ Hrs: \_\_\_\_\_

Activity 3: \_\_\_\_\_ Hrs: \_\_\_\_\_

Activity 4: \_\_\_\_\_ Hrs: \_\_\_\_\_

Are you also applying for the Counseling Center's C.O.A.C.H. Program?  
If so, please indicate your first choice. (circle one)

Peer Mental Health Educator Program

C.O.A.C.H.

Have you attended any of our workshops? If so, which workshops?

How did you hear about the Peer Mental Health Educator Program?

*I have completed my application honestly and to the best of my ability.*

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

## COUNSELING CENTER PEER MENTAL HEALTH EDUCATOR SELF EVALUATION AND ESSAY STATEMENT

Application Deadline: April 24th, 2026

Name:

1. Please evaluate yourself on the following characteristics. Keep in mind that we will be looking for evidence in your application to support your rating. Questions pertaining to your rating may be asked during the interview process.

	(needs improvement)				(outstanding)			
<u>Organization skills</u>	1	2	3	4	5	6	7	
<u>Communication skills</u>	1	2	3	4	5	6	7	
<u>(public speaking)</u>								
<u>Ability to work as part of a team</u>	1	2	3	4	5	6	7	
<u>Initiative</u>	1	2	3	4	5	6	7	
<u>Follow through</u>	1	2	3	4	5	6	7	
<u>Leadership skills</u>	1	2	3	4	5	6	7	
<u>Maturity</u>	1	2	3	4	5	6	7	
<u>Accepts responsibility</u>	1	2	3	4	5	6	7	
<u>Uses good judgment</u>	1	2	3	4	5	6	7	
<u>Creativity</u>	1	2	3	4	5	6	7	
<u>Time Management Skills</u>	1	2	3	4	5	6	7	

2. Essay Statement: On a separate sheet of paper, please attach a typed essay (1-2 pages) responding to both (a) and (b).
- a. Describe why you want to be in the Counseling Center's Peer Mental Health Educator Program.
  - b. From the list of characteristics above, state which two (2) qualities you feel are most important to being a Peer Mental Health Educator and describe prior experiences in which you have demonstrated these characteristics.