

- o Public speaking
- o Facilitating dialogue
- o Helping skills
- o Leadership
- o Resource referral
- o Advocacy
- x Become part of the UCalgary Peer Helper community throughout offices across campus
- x Valuable leadership training opportunities provided to all UCalgary Peer Helpers

COMMITMENT

- x Complete minimum of 20 hours of volunteering per semester including:
 - o Attend mandatory trainings:
 - x FSC Peer Helper Orientation on Saturday, September 14, 2024, 12:00 p.m. – 4:00 p.m. in person at the FSC
 - x UCalgary Peer Support training Thursday, September 26, 2024, 5:00:00 p.m.
 - o Attend monthly team meetings
 - o Minimum of 2 hours of weekly shift in the FSC
 - o A minimum of 2–3 hours of professional development per semester
 - o Participate in monthly 1-hour check-ins/mentoring with faith representatives
- x Regularly check Microsoft Teams and/or email for volunteer communications
- x Log volunteer hours on MyImpactPage
- x Availability during the school day, 8:00 a.m. to 5:00 p.m. Though we have occasional evening events, the majority of volunteer opportunities are during the day.
- x A commitment for the entire semester is necessary.
 - o Please note that applicants who cannot attend the required training and meetings will not be able to volunteer during the Fall 2024 semester and will be asked to re-apply for the Winter 2025 semester.

QUALIFICATIONS

- x Respect for and strong interest in diversity in its broadest sense, including gender identity, sexual orientation, ethnicity, race, faith, age, and ability
- x Must be open and sensitive to those from a variety of faith traditions or from none at all
- x Time management to balance between Peer Helper responsibilities and school/work/social life
- x Ability to function within crisis situations
- x Demonstrated professionalism, maturity, and good judgment
- x Excellent oral and written communication skills
- x Have experience working with student groups
- x An enthusiastic team player with a positive attitude
- x Can work well independently and with a team
- x Is a self-starter, reliable and can complete projects from start to finish
- x Has the ability to lead a group

EMPLOYABILITY SKILLS:

As a result of volunteering in this role, students can expect to develop their employability skills in the following focus areas, as outlined by the Conference Board of Canada's Employability Skills:

- x Social and Emotional Skills Develop active listening, personal resilience, collaborative and flexibility skills.
- x Teamwork Skills Develop skills in understanding group dynamics, engaging in dialogue with others who approach learning, work, and world issues differently
- x Personal Management Skills Learn how your strengths and interests can help you succeed in your future career

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