



## Sample Peer Advising Pamphlet

**Context:**

The KCL English Department offers a peer support programme. Students reach out for support to a faculty coordinator who matches students with a 'supporter' in a formal or informal setting, as the student requests.

**Note:**

These sample materials are included in the CREATES Toolkit for Peer Advising as an example of how to communicate the goals of your peer advising plan to students. For more information and additional educational tools, visit: <http://europe-creates.eu>

# **The English Department Peer Support Team**

## **What is Peer Support?**

The Peer Support programme was developed in view of the essential role that the interrelationships of students play in the formation of a successfully functioning student community. It is important to recognise the need for students to help each other on a daily basis in order to enhance everyone's experience at university.

Sometimes students experience challenges that they cannot always bring themselves to share with their friends. Peer Support is here to ensure that nobody has to struggle alone.

The Peer Support team was trained by and is in constant contact with the **King's Counselling Service**. Peer Supporters have been taught to listen effectively and lend a helping hand to those in need. We pledge to maintain **complete confidentiality**, ensuring that whatever you may have to share with us remains private.

## **Who is on the team?**

The English Peer Support team consists of a variety of students from the English Department whom have applied to become Peer Supporters and have completed 18 hours of training. We attend ongoing supervision sessions with the King's Counselling Service, which helps us to consolidate our training and develop our skills further. All of us abide by a strict Code of Practice and are constantly being monitored by our supervisors.

## **What can Peer Support do for you?**

We understand that studying at university can be stressful. We offer any student in the English department the opportunity to talk to us in an easily accessible and informal setting about any issues that you may have; sometimes you may just need to talk things through

with someone who is genuinely willing to listen and endeavour to understand your concerns. If you require further help, we are able to guide you towards the right support service for you. The College has a range of services which can help, from the Compass, to the **King's Counselling Service**, **King's Wellbeing**, and the **Disability Advisory Service**.

Peer Support meetings are very flexible in that students can request to see a particular supporter in either a formal or an informal setting. Should you feel uncomfortable talking to somebody from the English Department, you could ask to have any of the other King's peer supporters from other departments in the university speak with you.

One thing to remember is that we are not counsellors and that we may encourage you to seek more formal professional support either through the College, a GP, or the Counseling Service.

### **Getting in touch**

Please feel free to email the team at ... if you have any questions or concerns. Confidentiality is ensured. You may have a worry about a particular module, or a piece of work, or a particular relationship concern, or just want a chat! You could always organise a meeting via email or simply come along to one of the drop-in sessions or events that we will be organising throughout the year (more information on those soon). We are happy to speak to you one-to-one and would love to see you at our events. Getting in touch with us does not oblige you to share any personal information or seek continued support, so please don't hesitate to drop us a line!