



**UNIVERSITY OF
CALGARY**

**Faith and Spirituality Centre
Peer Support and Outreach Team
Peer Helper**

Position Title: Peer Support and Outreach Team Peer Helper
Department: Faith and Spirituality Centre
Term: Winter 2024
Hours: 2 – 4 hours/week
Length of Position: January 2024 – April 2024

POSITION DESCRIPTION

The [Faith & Spirituality Centre](#) (FSC) offers a variety of spiritual and faith-based practices and encourage religious literacy, interfaith dialogue, cooperation, and action as a critical part of the student experience at the University of Calgary so that students can be their authentic selves in a spiritually inclusive campus culture. We are looking for dedicated, compassionate and committed individuals to be a part of our Peer Support and Outreach Team.

WHAT IS PEER SUPPORT?

Peer support is meant to be a peer-listening method of support to inspire hope and to help other UCalgary students feel listened to. The FSC's Peer Support and Outreach Team will provide general peer listening, as well as spiritual guidance and referral to an appropriate faith representative and other resources. Note: Our volunteers will be highly trained with necessary skills to help peers in need of emotional and social support; however, Peer Supporters are not professional counsellors.

TASKS AND RESPONSIBILITIES

Work closely with Team Organizers and FSC Staff for the following:

- Attend the FSC's Peer Helper Orientation
- Provide peer-to-peer support and referral
- Attend monthly team meetings
- Attend mandatory peer support training sessions and other relevant training sessions
- Welcome visitors to the FSC and provide tours, promote the FSC and its activities, and work to engage Peer Helpers
- Engage in one-on-one mentoring/planning with a faith representative or other FSC member
- Publicize the FSC programming and services including peer support service to the campus community
- Other duties as assigned

BENEFITS

- Meet new people, make new friends, and develop professional contacts as part of an amazing community
- Develop cultural and religious competencies
- Will have access to a variety of teas
- Increase knowledge of services offered on campus and in the community
- Develop a passion for helping others and getting involved
- Build your resume
- Will have access to a restful, inclusive study space
- Gain skills in:
 - Interpersonal communication

- Active listening
- Public speaking
- Facilitating dialogue
- Helping skills
- Leadership
- Resource referral
- Advocacy

(Included for all):

- Become part of the Peer Helper community throughout offices across campus
- Valuable leadership training opportunities provided to all UCalgary Peer Helpers

COMMITMENT

- Complete a minimum of 20 hours of volunteering per semester including:
 - Attend mandatory trainings:
 - FSC Peer Helper Orientation on **Saturday, January 20, 2024, 1:00 p.m. – 4:00 p.m. in-person at the FSC**
 - UCalgary Peer Support training, date TBA
 - Attend monthly team meetings over Zoom
 - Minimum of **2 hours** of weekly shift in the FSC
 - A minimum of **2 – 3 hours** of professional development a semester
 - Participate in monthly **1-hour** check-ins/mentoring with faith representatives
- Log volunteer hours on MyImpactPage
- A commitment for the entire semester is necessary.
 - Please note that applicants who cannot attend the required training and meetings will not be able to volunteer during the Winter 2024 semester and will be asked to re-apply for the Fall 2024 semester.
- Download Microsoft Teams for volunteer communications

QUALIFICATIONS

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

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:

- **Communication Skills:** Gain public speaking, presentation and group facilitation skills.
- **Teamwork Skills:** Develop skills in understanding group dynamics, engaging in dialogue with others who approach learning, work, and world issues differently, and event/project management.
- **Personal Management Skills:** Learn how your strengths help you succeed, and how to be adaptable in different settings. You will also have the opportunity to work on learning goals in this position using the SMART model.
- **Intercultural Capacity Building:** You will gain knowledge and understanding of a variety of faiths and cultures as well as learn how to contribute to a culture of peace in multicultural communities.

As a University of Calgary Peer Helper, you will also have the opportunity to work within a collaborative team environment, expand your network of students, faculty, and staff and have access to specific career development opportunities provided through the Peer Helper Program.

PEER HELPER PROFESSIONAL DEVELOPMENT PROGRAM:

The Peer Helper Program engages 300 students every year through 17 different on-campus offices. A key part of being a Peer Helper is having the opportunity to develop your employability skills and experiences, and then translate those experiences into strong interview stories.

APPLICATION PROCESS

To apply, please submit an online application **form available [HERE](#) by Friday, January 5, 9 a.m.** Selected candidates will be invited for an interview. If you have any questions, please direct them to interfaith@ucalgary.ca