



Planning and participating in campus-wide programs and events such as UFlourish (Mental Health Awareness Weeks), Sexual and Gender Wellness Week, Exam Support, etc.

Offering support for other 'one-off' opportunities such as for alcohol awareness activities, speakership series events etc.

Utilizing social media opportunities (i.e. Facebook, Twitter, blogs, YouTube) to engage students around health and wellbeing

Planning and hosting wellness and social events (i.e. online games, crafts) to provide the opportunity for students to connect and reduce loneliness

Other ideas and creative suggestions are welcomed!

\*Important Note\* WHAT peer helpers provide educational and awareness opportunities. WHAT peer helpers



Involvement in the Non-Academic Misconduct process does not automatically mean a student is not in good conduct standing; this applies only to those students who have been assigned the sanction of Probation for Non-Academic Misconduct. If you have been found responsible of a violation of the Non-Academic Misconduct Policy and you are unsure if you have received this sanction, please contact [conduct@ucalgary.ca](mailto:conduct@ucalgary.ca). Please note that in submitting your application, you are verifying that you are in good conduct standing and consent to this being verified by the Student Conduct Office. Note that details of non-academic misconduct cases are not shared through this process.

#### APPLICATION PROCESS

For new peer helpers:

To apply, please submit an online peer helper application form from a link on the [website](#) by Thursday, January 11th at 3 p.m. Selected candidates will be invited for a group interview.

For returning peer helpers:

If you have been accepted and volunteered as a WHAT peer helper in the past and want to return as a peer helper, please send an email to [communityhub@ucalgary.ca](mailto:communityhub@ucalgary.ca) and request a link for a WHAT returning peer helper confirmation form. The deadline to submit a returning confirmation is Thursday, January 11th at 3 p.m.

#### ABOUT THE STUDENT WELLNESS SERVICES

The [Student Wellness Services](#) provides integrated and expanded health, health promotion, and wellness services to the University of Calgary community and its surrounding area. The population served includes approximately 40,000 ~~ser~~ <sup>active</sup> students.