

To become a Wellness Advocate

Training consists of an intense Peer Counseling Internship teaching basic listening and response skills in the form of hands on activities, discussions, readings and role-plays.

Trainees are asked to look at their own biases and challenges in order to best help others. A GPA of 2.5 or higher and a completion of at least 12 undergraduate credits is required to apply.

Twenty students will be chosen for training each semester based on their applications.

After successfully completing training, each Wellness Advocate holds three office hours each week to assist students. These hours can be determined by each individual's schedule.



For More Information

More information about the Wellness Advocate Program is available at our office, online at www.potsdam.edu/coun/Wellness_Advocates, or chat with a Wellness Advocate during office hours at screen name PotsdamWA.

**State University of New York at Potsdam
Wellness Advocate Office
131 Van Housen Hall**

You can also talk to Gena Nelson in the Counseling Center for more information.

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AIM: potsdamwa



THE STATE UNIVERSITY OF NEW YORK

Potsdam

Wellness Advocates

**Peer Counselors
sponsored by the
College Counseling Center**

The Purpose



The purpose of the Counseling Center's Wellness Advocate Peer Counselor program is to give all

students on campus an additional resource, a kind ear and/or referral service, which can help students work through personal issues.

Often students are more comfortable talking to their peers who can relate to the struggles and pressures of college.

Research has proven that students who feel cared for by leaders on their campus are more likely to remain at college and be successful.

Who we are

The Wellness Advocate Program began at SUNY Potsdam in Spring 2004. This program was designed by a Nationally Certified Counselor in an effort to assist the College Counseling Center with its high student demand.

Before holding office hours, trainees go through an intense semester-long Peer Counseling Internship where they learn listening, problem-solving, and crisis management skills.

Wellness Advocates are supervised closely by the Campus Counseling Center.

If an Advocate is concerned about your safety or the safety of others they are obligated to contact their supervisor.



Talking to a Wellness Advocate

Wellness Advocates are bound to keep confidentiality unless they are concerned for the safety of a student.

They are trained to listen non-judgmentally and help students talk through personal concerns.

There are no issues too large or too small. Students are permitted to talk to a Wellness Advocate up to 3 times each semester. If further assistance is needed, Wellness Advocates will help students make an appointment with the Counseling Center or an off-campus agency.

SUNY Potsdam Students can talk to these Peer Counselors about anything they wish by simply walking into their office during posted office hours.