

# Peer Wellness Coaching

## Intake Form



Date:

Students will be matched with either a peer wellness coach or a wellness coach, depending on availability. Virtual sessions occur using telephone or Microsoft Teams with audio and/or video. Peer wellness coaches assist students with: *organizing their academic workload; creating weekly/biweekly plans to assist with academic and life demands; breaking down assignments into manageable sections; navigating online platforms such as SALS Online and DC Connect; sharing on-campus service information; and making social connections.* This differs from Peer Tutoring offered by SALS which is academic support and course specific.

Student Name:		Phone Number:	
Student Number:		DC Mail:	
Program & Year:		Alternate Email:	

What is/are your main reason(s) for booking an appointment?

Availability - Please list the day of the week and time you are available on a weekly/bi-weekly basis.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How do you prefer to meet your coach? MS Teams Telephone In-person

It is our goal to accommodate your availability but this cannot be guaranteed.

Additional information you feel will help your peer wellness coach in supporting you:

**For Peer Wellness Coach Supervisor Only**

Date intake completed:

Peer Wellness Coach signature: