

For More Information:

If you would like more information about the PAL program, or to apply, visit:
http://ucc.vt.edu/outreach_consultation/volunteer_opportunities.html



Thomas E. Cook Counseling Center:
240 McComas Hall (540-231-6557) or
107 East Eggleston (540-231-7809) or
202 South Main St. (Kent Square)
(540-231-0826)
Virginia Tech
Blacksburg, VA 24061
www.ucc.vt.edu

Office Hours:

Monday-Friday 8 a.m. to 5 p.m.

Initial appointments may be scheduled
by calling (540) 231-6557

After hour emergency calls may be made
to (540) 231-6557



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If you are a person with a disability and desire assistance or accommodation, please notify the Thomas E. Cook Counseling Center at 540-231-6557 during normal business hours (Monday-Friday, 8 a.m.- 5 p.m.).

Virginia Tech does not discriminate against employees, students, or applicants on the basis of race, sex, handicap, age, veteran status, sexual orientation, national origin, religion, or political affiliation. Anyone having questions concerning discrimination should contact the Equal Opportunity/Affirmative Action Office.

Thomas E. Cook Counseling Center



PEER ASSISTANCE FOR LEARNING (PAL) PROGRAM



Thomas E. Cook Counseling Center
240 McComas Hall
Virginia Tech
Blacksburg, VA 24061
(540) 231- 6557
www.ucc.vt.edu



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What is the PAL Program?

The Peer Assistance for Learning (PAL) program is a volunteer opportunity and student development program for Virginia Tech students coordinated by the Cook Counseling Center (CCC). Participants in the CCC's volunteer program are called Peer Assistants for Learning (PALs). PAL's help spread information about mental health awareness and the resources available to students on campus.

What do PALS do?

- Organize activities designed to increase students' awareness of mental health issues
- Design and plan campus-wide events that promote positive mental health
- Staff information tables during CCC events
- Help create presentations on various mental health topics such as "Orientation to the CCC" or "Stress Management"
- Present information to various campus groups upon request
- Provide information about resources available on campus and in the community to students



Why Become a PAL?

- The opportunity to help your community
- Develop organizational and program planning skills
- Strengthen public speaking and leadership ability
- Learn group facilitation skills
- Receive training in areas that strengthen mental health awareness
- Work closely with counseling center staff
- Become part of a team of passionate peers who want to make a difference

What are the Requirements?

- A sophomore or junior the year you are applying for
- GPA of at least 2.5
- Ability to dedicate 1-4 hours per week to the program
- Long term commitment to the program
- Dedication to promoting mental health among college students
- Great enthusiasm and communication skills
- Confident about public speaking in a positive, engaging, and interactive way

How can I Become a PAL?

PAL applications are accepted from January to March 1st, for the following school year. The training session is offered once a year towards the end of spring semester. You can obtain an application by stopping by the center located in 240 McComas Hall or online at:

http://ucc.vt.edu/outreach_consultation/volunteer_opportunities.html

How can I Request a PAL Presentation?

PALs are available to give presentations on a variety of mental health topics in the classrooms, residence halls, or student organizations. If you would like a presentation by the CCC PALs please contact the center at 540-231-6557 or visit our website at:

http://ucc.vt.edu/outreach_consultation/outreach_program_request_form.html

It is strongly recommended that you make your request at least two weeks before the scheduled program. You will be contacted to finalize plans for the program requested.

