Are you interested in...

- Helping your community?
- Developing program planning skills?
- Strengthening your public speaking?
- Improving your leadership ability?
- Spreading mental health awareness?
- Working with passionate peers who want to make a difference?

Peer Assistance for Learning (PALs) Program

What is the PAL program?

The Peer Assistance for Learning (PAL) program is a paid opportunity and student development program for Virginia Tech students coordinated by the Cook Counseling Center (CCC). PALs help spread awareness about mental health and the resources available to students on campus.

You're eligible to apply if...

- You will be a sophomore or junior next year
- You have a GPA of at least 2.5
- You can dedicate 4-10 hours per week to the program
- You can have a long-term commitment to the program
- You have great enthusiasm and communication skills
- You are confident about public speaking in a positive, engaging, and interactive way

Where Can You Apply?

ucc.vt.edu/outreach_consultation/ volunteer_opportunities.html

Applications for the upcoming school year are open from mid-November to February 1st. Visit the website for more information.

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
- Give 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

STUDENT AFFAIRS
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