

Peer counselling Course

Psychology department of our college conducted peer counselling course in the academic year 2018-19. Seven students successfully completed the course. 60 hour course (10 hour theory and 50 practical mentoring and peer counselling training- three day residential workshop)

Muhammed Asif (II BSc Chemistry)

Muhammed Sha (II BA Islamic History)

Jagfar Khan (II BA Islamic History)

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Tholhath (I BSc Chemistry)

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Link of residential workshop for peer counselling





Peer counseling is a helping process that involves one-on-one interaction or interaction between members of a group, who have several things in common. In an academic setting, it usually refers to students helping their fellow students. It is a way of relating, responding and helping people, aimed at exploring thoughts, feelings, issues and concerns, with the hope of reaching a clear understanding and make informed decisions.

As an adolescent or a young adult, it is easier to talk about your issues with someone who is of your age or has a mindset similar to yours, rather than an adult. This makes peer counseling very effective, as it helps the adolescent comfortable to take that first step in addressing their problem.

How does peer counseling help students?

As a student, you may have several stressors in their lives. These may include, but not be limited to, academic stress, pressure to choose your careers, peer pressure, relationship problems, body image issues, substance abuse and addiction. It may not be possible for everyone to approach a professional counselor with ease, due to various reasons including unavailability, and the stigma associated with asking for help.

Peer counselors are trained in communication, listening skills, assertiveness, ethics of peer counseling, issues of confidentiality and breach of it, boundaries regarding helping others, and basic counseling skills. A peer counselor is also trained on when to refer the person to a professional counselor. Though they receive training, they are not certified counselors. For campuses with a counselor, a peer counselor becomes a bridge between the counselor and

student. In the absence of a school/college counselor, peer counselors help their fellow students understand their emotional and behavioral disturbances and work on solutions. In some cases, they also refer them to a professional counselor in their area. Peer counselors also conduct awareness campaigns in their respective schools/colleges on mental health issues, address stigma and discrimination, myths about mental illnesses and so on.

Course content

- Conflict resolution
- Building confidence and self-esteem,
- Academic difficulties, exam stress
- Adjustment issues with teachers, other students
- Ragging and bullying
- Communication
- listening skills
- assertiveness
- ethics of peer counseling
- Empathy and sensitivity