

C.O.A.C.H. Program

(Creating Options And Conquering Hurdles)

*Sponsored By UCIrvine's:
Counseling Center
and
Division of Undergraduate Education*

Applications Due: Thursday, April 27, 2017 by 5:00PM

Location: Counseling Center, Student Services I, Room 203 (Front Desk)

Interviews: TBA

For the past several years, the Counseling Center in conjunction with several other departments on campus has sponsored a Peer Counseling/Coaching Program. This program offers a select number of students the opportunity to gain real-life, hands-on experience as a Life Coach and to provide needed support services to the UCI student community. Life Coaches are trained in basic counseling/coaching skill, crisis intervention, leadership skills, gender dynamics, relationship concerns, diversity, group dynamics and other factors that impact the psychosocial functioning of people.

Students selected as Life Coaches need to make the commitment for the entire 2017-2018 academic year. There is a 4 unit upper division course that accompanies this program. If you are a Social Ecology major you may be able to use the Winter/Spring course as your field placement. **Class is held every Wednesday from 2 – 5pm EVERY quarter.**

YOUR COMMITMENT TO THE C.O.A.C.H. PROGRAM WILL PROVIDE YOU WITH THE FOLLOWING BENEFITS:

1. Academic Credit – Social Ecology majors can count **ONE** of the Winter or Spring quarters as part of their core. If you are in Social Ecology, it is also possible to use this as part of your field study. **See your Social Ecology academic counselor.
2. Practical Experience – While involved in this program you will provide direct assistance to students through individual coaching and outreach opportunities to support visibility of C.O.A.C.H. Peer Program. This will be done under the supervision of a licensed psychologist from the Counseling Center. Because graduate schools tend to value practical experience, the C.O.A.C.H. Peer Program training can be a helpful addition to your transcripts and resume.
3. Increase Your Skills – You will receive training and supervision which will help you to increase your skills and practical knowledge in helping others. You will learn what your strengths and weaknesses are in relation to your potential as a future counselor/psychologist/life coach.
4. Opportunity to Help Others – With your new and/or increased skills, you will be able to assist others in achieving their goals, managing their stress, enhancing their self-esteem and zest for life.
5. Being Trained by Professional Therapists – All those involved in the training of Life Coaches are experienced and recognized professionals within their field of expertise.

We hope that after reading this brief description of our program, you are motivated to participate. Please take the time to fill out the attached application. We really do want to hear from you. Completed applications should be turned in at the Counseling Center. If you have any questions, please contact **C.O.A.C.H. Coordinator, Jessica R. Ortega, Ph.D.** at the UCI Counseling Center, (949) 824-6457.

University of California, Irvine
UCI Counseling Center and Division of Undergraduate Education
C.O.A.C.H. PROGRAM

Application Form

Return to: Counseling Center
Student Services I, Room 203 (*Front Desk*)

Name:

Last

First

Middle

Local Address:

Number and street

City

Zip

Permanent Address:

Number and street

City

Zip

Local Residence Phone: ()

Work Phone: ()

Permanent Phone: ()

Cell Phone: ()

UCI Email Address:

Current Class Status:

Academic Major:

GPA:

Birth Date: / /

Gender (optional):

Ethnicity (optional):

Previous Education? (e.g., any additional training, attendance to community college, etc):

Previous involvement with issues related to diversity, LGBTQ, students at risk, gender concerns:

Pertinent special skills/interests that would translate well to role as Life Coach:

Prior counseling experiences or experience with role as helper to individual or community (formal or informal):

References (someone who knows your work/volunteer experience; **UCI Staff/Faculty references preferred**):

(1)

Name

Phone Number

(2)

Name

Phone Number

Please share the name of the person whom directly referred you to apply to C.O.A.C.H. _____

If not directly referred, how did you hear about C.O.A.C.H.? _____

Have you previously applied to C.O.A.C.H. program? Yes / No If so, when _____

Do you plan to graduate next **2017-2018** academic year? _____

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Please legibly write a short essay on your reasons for wanting to become a Life Coach. In your remarks, please address the following **(1)** What do you see as the value of a coaching program for the student community at UCI, **(2)** What makes you a good fit for the C.O.A.C.H. peer program **AND (3)** How do you envision yourself making a contribution to this program.

NOTE: You may type your response on separate document and attach to this application, however, it is not required.

Applicant Signature

Date

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