

TRANSlating Insights into ACTION (TRANSACT)

Peer Support Development Leads x 3

12 Month Paid Role

The Project

We are looking to recruit three creative and entrepreneurial students with a passion for mental health and wellbeing to join the TRANSACT project team as Peer Support Development Leads.

TRANSACT is an exciting new project which will develop a peer support 'accelerator' framework and training programme that empowers students to create and run their own peer support initiatives. Peer support that is designed and led by students has the potential to create solutions that truly meet the needs of the communities they serve. However, due to the transient nature of student life, where student-led initiatives are developed there is a risk that knowledge and other community resources may be lost or lack the right support to be sustainable.

The TRANSACT project builds on the work of the IMPACTS peer research project, which has seen peer researchers (psychology students) interviewing their fellow students and analysing the data to better understand personal and social stressors, and to identify barriers to support. The findings have been sobering, with students struggling to navigate university and NHS services. IMPACTS has also shown that different groups of students experience different structural and social barriers. However, the IMPACTS project has also developed potential solutions, with one overarching theme being that students would value more peer support. We plan to translate these findings into action, through the TRANSACT project.

The TRANSACT project is being led by the *Psychology Informing University Practices for Wellbeing (PsychUP for Wellbeing)* team within the [Division of Psychology and Language Sciences](#). *PsychUP for Wellbeing* is an ambitious change programme that seeks to better support the mental health and wellbeing of staff and students within the university community. As an academic psychology department, we believe that we have both expertise and resources that can be harnessed to better promote positive mental health, and better support for students and staff who are struggling.

What you'll do

Over the course of the project, Peer Support Development Leads will work with the team to develop:

- A peer support training package that takes a blended approach to learning, with some self-guided online modules and some interactive group sessions.
- A framework that supports students to design and deliver peer support interventions that deliver high quality, safe support.
- Work with students to create and pilot 4-6 peer support initiatives focused on particular groups of UCL students that our IMPACTS research has identified as having particular needs:
 - Chinese international students.
 - First generation students.
 - LGBTQ+ students
 - Student carers.
 - Students from black and minority ethnic groups.

What you'll gain

The chance to work on an exciting new project developing sustainable student-led peer support. Gaining experience and skills in the management of projects, training, peer support and intersectional approaches to supporting students.

What we're looking for

Current students at UCL who will remain so for the academic year 2022/23

We welcome applications from a diverse range of backgrounds and experiences, from all University programmes, both undergraduate and postgraduate. Given the focus of TRANSACT on intersectional approaches to peer support, we particularly welcome applications from people who identify as student carers, first generation students, LGBTQ+ and Chinese international students. Although any UCL student who has an interest in the role is encouraged to apply.

We are looking for students whose knowledge, skills and attributes may include:

Peer support

- Passionate about and commitment to supporting students who may be struggling with their mental health and wellbeing at university.
- Passionate about and commitment to diversity and inclusion and considering how people's different identities impacts on support needs.
- An understanding of peer support and its value as a means of community building.
- Previous experience of peer support – your own use of peer support services or delivering peer support.

Communication

- Excellent communication skills.
- Ability to deal tactfully and sensitively with all enquiries.
- Ability to be assertive where necessary.
- Ability to develop and maintain good working relationships with students, peer supporters, staff and other professionals.
- Ability to understand the importance of confidentiality.

Digital technology

- Good computer literacy skills or a willingness to develop skills in this area

Motivating & Supporting People

- Ability to inspire and motivate others.
- Ability to work with students and peer supporters in a respectful, non-judgmental and sensitive manner.
- Experience of recruiting and inducting or training peers to projects.
- Ability to use own experiences of being a student appropriately.

Project Planning & Delivery

- Experience being involved in a project
- Ability to work flexibly as part of a team
- Ability to problem-solve, learn and share learning
- Experience of organising and facilitating meetings
- Commitment to own personal development

Commitment and compensation

- Over the course of 12 months, we anticipate an average commitment of 5 hours per week on this project, although it is likely that the summer holiday and early in the next academic year will involve more hours.
- You will be compensated for your time on the project and paid an hourly rate.

How do I apply?

Applications should be made by sending your CV along with a cover letter that addresses the following two questions:

1. What attracted you to applying for this role?
2. What do you think you will bring to the role of Peer Support Development Lead? Please ensure you address how you meet the knowledge, skills and attributes set out under 'What we're looking for' above.

If you have any questions regarding the project or the role, please email psychup@ucl.ac.uk and we can arrange a time to talk these through.

Applications should be submitted to psychup@ucl.ac.uk by **09:00 on Monday 20th June**.

Interviews scheduled to take place between **Thursday 23rd and Wednesday 29th June**.