
Peer program



Peer programme: Looking for possibilities together

What is the peer programme?

The peer programme is an initiative that enables a peer consultant and a peer recipient to connect. The goal of the peer programme is to make studying easier for those who are struggling in the university environment or who are looking for peer support in a difficult life situation, as well as to strengthen collegiality among students at the university. Cooperation is based on sharing study experiences, listening, motivational conversations, and emotional support.

Who is the programme intended for?

The peer recipient is a registered student who is dealing with psychological difficulties during their studies and needs help orienting themselves in the student environment at the university or is looking for motivation and support in a humanly difficult situation.

What can consultants help students with?

- A student is in a more demanding period of their life and needs additional support
- Difficulties and insecurity during studies, e.g. problems with planning and managing responsibilities
- A student is looking for someone to share their difficulties with and who will listen to them

- Problems in communicating with others or in handling social situations
- A student's psychological problems make it difficult for them to study
- Difficulties with learning, concentrating, or struggling with procrastination

If a student is dealing with any other difficulty not listed here, this does not mean that they cannot participate in the programme. The assessment is up to the programme manager, who may refer the student to another more suitable service.

Who are peer consultants?

Peer consultants are students of the university who are familiar with the study environment and are ready to offer their experience and empathy. They are not experts in the fields of psychology, psychotherapy, or any other related field. Thus, they do not provide psychotherapeutic or other professional counselling services. Peer consultants undergo regular training on various topics and intervention and consult with the programme managers.

How does it work?

After completing the questionnaire (see link below), the programme manager will contact the student and connect them with a suitable peer consultant. The students will agree on a meeting place and time that suits them best (anywhere at Charles University or even outside the university). Then the form and aim of the joint cooperation is determined.

You can find the rules of the programme [HERE](#) .

How do you register?

Please write to the Peer programme coordinator **Mgr. Štěpánka Myslík Janusová** (e-mail: stepanka.janusova@ruk.cuni.cz), she will contact you when there will be a possible peer consultant for you and will guide you through the next steps.