

Ears for Peers Application Spring 2023

This application is due Monday, February 6th at 11:59 pm.

Please keep in mind that Ears for Peers is an anonymous organization; your involvement in our organization must be kept to yourself, even during the application process.

A little about us: Ears for Peers is a student-run, anonymous, and confidential support line. The Ears line is committed to providing a non-judgmental space for all students who need an ear! The Ears line is staffed by student volunteers (this is an unpaid position). Our volunteers are trained in empathy, active listening, validation, breathing and grounding techniques, and the resources available on campus and in the area. We are looking for volunteers who are good listeners and who make others feel heard. We also recommend having a good personal support system to help you maintain your own mental health while working as an Ear.

The application process: This written piece is the first part of the application process. We will select applicants to invite back for an over-the-phone interview between **February 10th - February 12th**. If you are offered a position and would like to participate in Ears for Peers, you must attend **orientation** on Friday, **February 17th from 11:00-5pm**. This orientation will be led by professional counselors from CMHS and will serve as the initial training for being an Ear. For those of you who have class during that time, we will email your professors to excuse you, though we cannot guarantee all will accept the absence. If you know you cannot attend this orientation, please wait until next semester to apply again, as it is essential to becoming an Ear.

Commitment entailed in being an ear: All Ears are required to work **4 shifts per month**, including at least **1 weekend shift per month and 1 overnight shift per month**, starting the week of **February 20th**. There are **4 shifts per night, with 2 people taking a 7pm-11pm shift and 2 people taking an 11pm-7am shift**. In addition, all Ears **must** attend the hour-long mandatory all-ears meeting every month on Sunday evenings.

Name:

Major(s)/Interests:

Pronouns (optional):

Phone #:

Student ID #:

Email:

Graduation Year:

1. Introduce yourself in a few sentences! For example, what's important to you and what lived experiences have shaped your story?

2. Why are you interested in joining Ears for Peers?

3. What are your other time commitments this semester? How will you ensure that there is room in your schedule to take the required number of shifts?

4. How do you actively work to put others at ease?

5. Is there a difference between speaking to strangers versus speaking to friends about problems they are having?

6. Please give a brief account of how you would deal with the following caller scenarios. This is just to give us an idea of your instincts; training is mandatory before joining the line and will help you feel comfortable handling scenarios like these. Please respond to both scenarios.

For these prompts, we are not looking for direct quotes of what you would say, but rather a description of the conversation. What would you say/ask? How would you want the caller to feel? How will you accomplish this? We want to see your thought process!

Scenario #1: A first-year is calling because they feel like they aren't fitting in well at Tufts and cannot seem to find a close social group like everyone else.

Scenario #2: A caller has just failed one of three exams for their major-required class and is worried that this bad mark will jeopardize their future.

7. Have you had any previous experience with mental health organizations that are similar to us?

8. If there's anything else that you would like us to know, here is the place to write it!

9. If you were an ice cream flavor, what would you be and why?

APPLICATIONS ARE DUE TO EARS4PEERS@GMAIL.COM

Please write "**Spring 2023 Application**" in the subject line

Due by Monday, February 6th at 11:59 PM.

Feel free to email us with any questions; we will be in touch about interviews.