WE COACH (Wellness Educators Creating Opportunities and Casting Hope) is a new student organization within the Department of Wellness and Prevention Services. WE COACH members are undergraduate students trained in motivational interviewing skills in order to provide peer-to-peer coaching to their fellow undergraduate peers.

What can WE COACH help with?
- time management
- study skills
- relationship/friendship troubles
- self-care strategies
- early graduation
- double majoring
- adjusting to App as a transfer student
- being a non-traditional (older) student
- being a student parent

Peer Coaches Available:
- **Mondays**
  9am - 12pm, 1pm - 2pm
- **Tuesdays**
  9am - 12pm, 2pm - 4:30pm
- **Wednesdays**
  9am - 12pm, 1pm - 2pm, 3:30pm - 5pm
- **Thursdays**
  9am - 12pm, 2pm - 4:30pm
- **Fridays**
  9am - 12pm, 1pm - 3pm, 3:30pm - 5pm

Coaching sessions typically last 30 minutes.

How do you make an appointment with WE COACH?
To request an appointment, visit this link and fill out the form: [bit.ly/wecoachappt](http://bit.ly/wecoachappt)
A member of WE COACH will be in touch after the request is put in to confirm a time and place. This process typically takes 1 business day.

When making a request for an appointment, please remember that WE COACH members are not professional counselors and this is not a confidential service. If a WE COACH member feels that a student or someone the student knows is in danger, appropriate staff, including the WE COACH adviser, will be notified. WE COACH may also refer students to appropriate services, if the topic of concern is beyond their scope of comfort.