

# Peer Mentor Course Description

2024 - 2025

Teacher/Coordinator: Natalie Smith, Room 811  
Email address: nsmith@puhsd.k12.ca.us

**Parents: Please review the course information below. Then click this link to electronically verify that you and your scholar have read the course syllabus.**

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## Course Goals and Objectives

- Work as an extension of the counseling services at Del Oro High School to help create a school climate whereby students demonstrate concern for the well-being of each other.
- Be a positive role model for other Del Oro students in and outside of class.
- Help all students establish positive connections within the school.
- Be aware of clubs and campus organizations in order to properly refer students.
- Follow up with new students, foreign exchange students, and transfer students networking them with fellow students so they may develop a sense of belonging.
- Help provide information about mental health issues and available community services.
- Assist counselors by offering students information regarding academic requirements and standards.
- Respond to referrals from counselors, teachers, and administrators by meeting with the referred students and following up with contact with the staff member who made the referral.
- Refer serious issues (i.e. suicide, drug abuse, physical or mental abuse, sexual molestation, rape, assault, self harm, or other serious life threatening situations) to Mrs. Smith, a mental health specialist, a counselor, or vice principal.
- Be available as a confidential resource for fellow students to share their concerns with.

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## Responsibilities

The success of the Peer Mentor program is dependant on the active participation of all peer mentors as follows:

- Peer mentors will be assigned freshman and sophomores to contact through the course of the school year. All other students will be contacted on a referral basis.
- Peer mentors are responsible for noting and tracking student contacts, and these contacts are tracked in an individual, CONFIDENTIAL, electronic spreadsheet.
- It is mandatory that all peer mentors participate in all trainings held throughout the year. Peer mentors who must miss a training session are responsible to obtain and review all covered materials with Mrs. Smith.
- Peer mentors are also expected to participate in projects that are designed to support the entire Del Oro student body and include planning and implementing educational presentations and activities focused on Mental Health Awareness.

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## Confidentiality and Contract

Confidentiality is essential to run an effective program, and it will be emphasized throughout the year. Additionally, each peer mentor signed a contract at the end of last term and agreed to abide by certain conditions. A copy of those conditions is attached to the end of this document as a reminder. Any peer mentor who violates any part of that contract will result in a review process that will determine if the mentor will remain in the program.

**Being a peer mentor is a big commitment, and it is also a very rewarding and rich experience. Mentors will learn and grow during their time supporting Del Oro students. Remember that you must be a trustworthy role model at all times. And remember that Mrs. Smith and the entire mental health service team are always here to help and support you in your efforts.**

## Classroom and Grading Policies

### Competency-Based Education

Placer Union High School District has moved to Competency-Based Education (CBE), which is a system of instruction, assessment, grading, and academic reporting that makes learning goals and expectations clear and easily understood by teachers, students, and families. CBE is designed to accurately identify the level of student understanding, allowing students to progress as they demonstrate mastery of the academic content, regardless of time, place, or pace of learning.

### Grades

Since the Peer Mentoring program is an extension of Del Oro's counseling department and mental health services, part of the goal of the course is to help students prepare for work in the professional career world. The grade the student earns is based on their performance 4 Proficiency Scales. These scales delineate the progression of learning from foundational knowledge and skills to the target learning goal that students are expected to reach and opportunities for sophisticated applications. They provide feedback that shows exactly what students need to know and how they will get there.

Proficiency Scales**	Expectations
PS1: MENTOR TRAINING AND SKILLS	<ul style="list-style-type: none"><li>• Openly engage in conversation and role play using effective communication and listening skills with other program students and staff.</li><li>• Consistently use language that communicates safety, active listening, and a non-judgmental attitude in coming alongside and helping mentees as opposed to problem solving.</li><li>• Proactively work to repair any ruptures in fellow mentor or mentor-mentee relationships.</li></ul>
PS 2: SELF AWARENESS AND CARE	<ul style="list-style-type: none"><li>• Regularly attend and participate in all Peer Mentor group process meetings.</li><li>• Consistently practice healthy self-care strategies and boundaries.</li><li>• Consistently practice mindfulness and growth mindset.</li><li>• Engage in self reflection both informally with the group and formally at each grading period.</li><li>• Articulate your own values, judgments, and frames of reference and how they can impact your future, and how your strengths can be used to improve our school.</li></ul>
PS 3: PROFESSIONALISM	<ul style="list-style-type: none"><li>• Consistently meet the ethical code for peer mentors.</li><li>• Consistently inform mentees about their right to confidentiality and about the limits to confidentiality</li><li>• Consistently and appropriately apply the rules of confidentiality regarding mentees, other peer mentors, and the program in general.</li><li>• Report all concerns about student or campus safety to the supervisor or other appropriate adult.</li><li>• Be aware of the impacts of your decisions on others and the environment around you and think about the short-term and long-term consequences of your actions.</li><li>• Reliably and consistently participate in activities that serve the greater good.</li><li>• Consistently produce documentation that is clear, accurate, timely, and that honors confidentiality, on a weekly basis.</li></ul>
PS 4: MENTORING WORK	<ul style="list-style-type: none"><li>• Consistently meet with mentees, both those who are assigned and those who are regulars.</li><li>• Refer students to resources when appropriate and in collaboration with supervisor.</li><li>• Attempt to see an average of 3 mentees per working day.</li><li>• See each assigned mentee at least twice during the school year.</li><li>• Participate in recruiting, assessing applications, interviewing, and choosing peer mentors.</li><li>• Participate in advertising and planning for Mental Health Awareness week in conjunction with the Mental Health Services team.</li><li>• Create a presentation on a mental health topic of your choice that promotes stigma reduction, respect, compassion and education.</li></ul>

\*\*[For the complete scales, click here.](#)

## Del Oro Peer Mentor Contract

I \_\_\_\_\_ understand and agree to abide by the following conditions of being Peer Mentor:

1. \_\_\_\_\_ I agree to respect the **confidentiality** of every student. I am not to discuss personal information that is shared during training sessions or during Peer Mentor meetings.
2. \_\_\_\_\_ I understand that I must report any case **involving abuse** to the Peer Mentor advisor, counselor, administrator, or school officer. I am a mandated reporter who must report any life threatening situations including, but not limited to rape, suicidal ideation, substance abuse, assault, or murder.
3. \_\_\_\_\_ I agree to act as a **positive role model** to other students. This means that I will earn passing grades, follow school and classroom rules, and adhere to the school dress code policy as outlined in the Student Handbook. I will not fight or act in a way that is considered disrespectful to my peers of the Del Oro staff. I will not attend parties where alcohol is served or drugs or vaping occurs.
4. \_\_\_\_\_ I agree to not engage in any type of **bullying**.
5. \_\_\_\_\_ I agree to participate in all **training** sessions. If I miss training I agree to retrieve and learn the information that was presented.
6. \_\_\_\_\_ I agree that my primary responsibility is to assist students with basic issues. I understand that I am not a professional counselor, and I will refer students needing more guidance to the appropriate support staff. **I will not give out my cell phone number or any social media contact information to my Peer Mentees.**
7. \_\_\_\_\_ I agree to be part of the Peer Mentor team. I will work for good relationships with all Peer Mentors. If I am unable to resolve an issue, I will meet with the lead Peer Mentor, then the Peer mentor Advisor to solve any issues.
8. \_\_\_\_\_ I agree that **over the summer and during the school year**, I will not participate or even be present in a situation where drugs, alcohol, vaping, cigarettes or other substances are being ingested or used.
9. \_\_\_\_\_ I understand that I may be suspended or terminated from the Peer Mentor Program for any violation of this contract. I will be removed from the class and receive no credit for the term.