The **UVic Global Community Paraprofessional Training Program** offers a comprehensive series of workshops designed to prepare student leaders for their important roles as volunteers at UVic.

This semester, the UVic Global Community invited the Office of Student Life Leadership Program, Student Health Ambassador and Peer Educator (SHAPE) Program, UVSS Peer Support Centre, and UVSS Staff to attend this bi-annual Paraprofessional Training Program. Objectives for our inclusive paraprofessional training model include:

- To build the UVic Student Paraprofessional network as a community with strong values to **Transform Students’ Lives**.
- To increase collaboration between campus partners and thereby reduce multiple training sessions by combining volunteer groups.
- To provide students and staff opportunities for referral and recruitment, and to learn about the many services, programs, and other volunteer roles available at UVic.

**Volunteers reflect on their experiences from paraprofessional training workshops:**

“I valued the vulnerability and openness of everybody who participated in the story circle. It made me really consider different barriers to mental health and how we can improve programming as a mental health leader.”

“I really appreciated the variety of topics that we were able to cover. Thank you for making this entire day a space safe to express ideas. I learned so much about Indigenous Peoples and the international community.”

“This was such a beautiful way to learn about mental health from a different perspective. My mind has been opened and my heart is full.”
Our Global Community Mentors and Conversation Partners are asked to attend a set of required training sessions, marked with a red asterisks (*); however we offer a number of additional valuable professional development opportunities that we encourage volunteers to attend.

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<th>Training</th>
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| **Global Community Volunteer Orientation Training***<br>Facilitated by: International Student Services | In this session, students will:  
- Learn about the services and supports offered by International Student Services and the Global Community  
- Review the GC Volunteer role, responsibilities, reporting and expectations for student engagement  
- Generate ideas for activities and events with other GC volunteers  
- Explore the benefits of volunteering and gaining leadership experience |
| **Bystander Intervention Training***<br>Offered by: The Office of Student Life | This training teaches students how to overcome resistance to checking in and intervening when they observe the potential for sexualized violence to occur. By empowering students to become active bystanders, we hope to create a compassionate community response to preventing sexualized violence and fostering a safer environment on campus. |
| **Indigenous Cultural Acumen Training (ICAT)***<br>Facilitated by: Office of Indigenous Academic & Community Engagement | The first part of the day will focus on the ICAT training which is intended to support the ongoing work of making UVic a better place for Indigenous students and all UVic community members. Students will gain an understanding of:  
- The importance of territory acknowledgement  
- Colonial policies and practices  
- How to work across difference; and how to support Indigenous student success. |
| **UVic Student Support Services & Intercultural Competencies***<br>Facilitated by: International Student Services | In the second half of the day, students will explore their role as volunteers. They will:  
- Learn about student support services on campus and how to make referrals.  
- Explore strategies for positive, supportive and effective intercultural engagement.  
- Consider our responsibility to communicate across differences and meet people where they are at rather than expecting them to adapt to our way of being. |
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<td><strong>Tools for Change: Preventing Sexualized Violence at UVic</strong>&lt;br&gt;Facilitated by: Equity and Human Rights Office &amp; Office of Student Life</td>
<td>This workshop is about being part of a culture shift at UVic and learning more about UVic’s work to prevent sexualized violence. This workshop is peer-led, highly interactive, and focused on learning skills. Attendees are invited to participate in accessible discussions and group activities. From this training you will gain:&lt;br&gt;➢ A deep understanding of what sexualized violence is and how to challenge the attitudes and beliefs that lead to sexualized violence&lt;br&gt;➢ Practical tips, and everyday language, to meaningfully ask for consent, to say no to an invitation or offer, and also how to hear no (which can be hard!)&lt;br&gt;➢ A range of strategies for preventing sexualized violence&lt;br&gt;➢ Knowledge of the resources and supports available at UVic for students</td>
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<td><strong>Boundaries and Self-Care</strong>&lt;br&gt;Facilitated by: Counselling Services</td>
<td>In this workshop, students will:&lt;br&gt;➢ Recognize and reflect on the importance of their own health and life-balance in regards to being in a leadership role and supporting others.&lt;br&gt;➢ Be familiarized with the definition of boundaries, why we use them, and how we use them.&lt;br&gt;➢ Increase their ability to establish healthy boundaries with students with whom they are in a helping/mentoring role.</td>
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<td><strong>Active Listening</strong>&lt;br&gt;Facilitated by: The Office of Student Life</td>
<td>This training will help participants learn how to effectively listen and respond empathically. We will cover the basics of active listening, including how to paraphrase, reflect feelings, and use questions. There will also be time for practicing the skills covered in this workshop.</td>
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<td><strong>Mental Health &amp; the International Community at UVic: Sharing Stories with the Global Community</strong>&lt;br&gt;Facilitated by: The UVic Global Community</td>
<td>The UVic Global Community Student Advisory Council will share their lived experiences as part of the international community in the post-secondary context and at the University of Victoria. Their stories will focus on mental health from their international perspective and highlight implications, reflections and realizations that they have experienced and consider important to share with other student leaders on campus. Following the presentation there will be an engaging group dialogue about mental health and the international community at UVic.</td>
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<td><strong>Consent Workshop</strong>&lt;br&gt;Facilitated by: Anti-Violence Project</td>
<td>The AVP consent workshop is intended to provide folks with the education, skills, and opportunity to understand and practice consent in a supportive and sex positive space. Some of the topics that folks can expect to engage in will include: consent (what it is, why it’s required, how to practice it), gender-based violence, safer spaces, sex positivity, power, and privilege. Through activities, discussion, and media, the workshop offers a chance for us to talk about all the ways we can provide safe, fun, and sexy ways to build relationships with the people we care about.</td>
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Join our “UVic Global Community” Facebook group [here](http://www.uvic.ca/iss)!

*Subscribe Here* to receive our bi-weekly publication of the [Global Community Newsletter](http://www.uvic.ca/iss)!