

Thrive

Peer Health Coaching

Our trained Thrive Peer Health Coaches will provide you with one-on-one personalized support and guidance to help you identify and develop the knowledge and skills to improve your well-being.

Email completed form to hps@ucsd.edu with the subject line "Secure: Peer Health Coaching".

NAME: _____

GENDER: _____

PID: _____

COLLEGE: _____

UCSD EMAIL : _____

PHONE #: _____

WHAT YEAR DID YOU ENTER UCSD: _____

ARE YOU A TRANSFER STUDENT: _____

WHAT TOPIC WOULD YOU LIKE TO BE COACHED ON?

Please select a topic from the pull down menu.

YOUR AVAILABILITY

Please indicate the days and times that you are available for weekly peer health coaching. Coaching will take place Mondays through Fridays between the hours of 9:00AM – 4:30PM.

WHERE DID YOU HEAR ABOUT THRIVE PEER HEALTH COACHING?

COMMENTS

You can include information about coach preferences or any information you think will be helpful for us to know. Please do not include any medical health information on this form.

