



Changing Lives in the Global Community through Excellence in Education

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Student Peer Educator Program

Ready to Talk, Ready to Listen

Santa Monica College

Student Mental Health Initiative

Ready to Talk, Ready to Listen provides Peer Education services to the Santa Monica College Community. Primarily this group facilitates short workshops focused on reducing stigma related to Mental Health and strategies to help improve overall well being. Ready to Talk, Ready to Listen Peer Educators commit to keeping the Santa Monica College student body well informed about health and wellness topics that are relevant to college students in a positive, interactive, fun and nonjudgmental manner.

Santa Monica College Ready to Talk, Ready to Listen Peer Educators are...

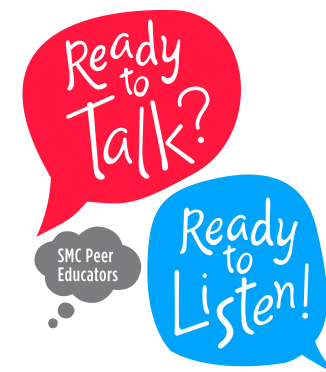
- Certified Peer Educators ([The BACCHUS Network](#))
- Certified in Adult Mental Health First Aid ([USA Mental Health First Aid](#))
- Trained workshop facilitators
- Collaborative, mature, and nonjudgmental

Want to find out more, see the [RTRL-Job Description.pdf](#)

Recruitment of Peer Educators for the 2015-2016 School Year Has Begun!

[Click Here for the RTRL-Application-fillable.pdf](#)

(If you are using the Firefox browser, first download the document in order to be able to fill out the form on your computer). The application deadline is 3:00pm, May 1, 2015

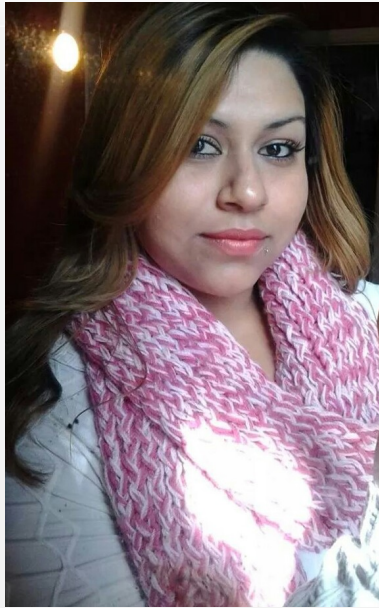


[Self-Help Resources & Links](#)

- [Academic Counseling](#)
- [Postdoctoral Intern Training](#)

2014-2015 Peer Educators

Mirian De La Cruz



Hello my name is Mirian De La Cruz and I am a current student in Santa Monica College. My major is Psychology and I intend to become a Clinical Psychologist one day. I enjoy my journey as an undergraduate student because I work on extracurricular activities. Through those activities I have become inspired to be an active source of information to others. I became a board member of the Psychology Club on campus where I had the opportunity to meet great professionals in the field of Psychology. This motivated me to become an even more active student on campus and perform the roll of becoming a Peer Educator. The experience of being a Peer Educator has been a great opportunity to encourage physical and psychological health, while developing strong communication and public speaking skills. I want to encourage more students to become peer educators because it is a learning experience that can be used throughout your lifetime. If you have any questions do not hesitate to ask, I can be found in the Cayton Center or in the Psychology Lounge of the HSS building.

Nicole Cutrona

My name is Nicole Cutrona and I am a psychology major here at SMC. I hope to eventually transfer to a four year college and one day open my own practice as a licensed therapist. For right now I can usually be found on campus in the quad, cafeteria, or in the library. Through personal life experiences and learning opportunities at SMC I have developed a strong passion for increasing mental health awareness and outreach within the college community. My goal as a Peer Educator is to be an open resource to anyone on campus who feels they are struggling with an issue and are looking for advice, information, or just someone to talk with. I'm open minded and an unbiased listener looking forward to getting to know as many of my fellow students as possible so if you see me on campus feel free to say hi!



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