



## Peer Support Award Nomination Form

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**Due Date: TBD**

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Please e-mail applications to Lea Keren, Social Issues Commissioner at [sic@ams.queensu.ca](mailto:sic@ams.queensu.ca).

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*The AMS Peer Support Award is open to all students, not just volunteers of the AMS, and celebrates students supporting students on campus. The award is granted each year to a student who has made a remarkable impact through supporting others and demonstrates a passion towards helping those around them.*

Please note the following:

- You must complete all the pages of the application for consideration
- You are not required to fill all the space given to answer questions, it is simply provided for you to share as little or as much as you would like.
- We may contact you for additional information.
- Please direct any and all questions to [sic@ams.queensu.ca](mailto:sic@ams.queensu.ca)

### **PART I:**

<b>Nominator's Personal Information</b>	<b>Candidate's Information</b>
Name: _____	Name: _____
Phone number: _____	Phone number: _____
E-mail: _____	E-mail: _____
	Graduation Year: _____

## PART II

**Instructions:** Please answer the following questions and list examples where applicable. Read over all the questions before you begin. Of the available space, you may use as much or as little as you like. There is no minimum or maximum word limit. Below you may find 5 skills that the Peer Support Centre recognizes as key steps in supporting others, feel free to reference these steps in your application.

### T.A.L.K.S Support Acronym

- Tell them you care: Being open with others and letting them know you are there
- Ask Gently: Reaching out and not being afraid to have potentially difficult conversations
- Listen Actively: Do they spend time listening and hearing out the struggles of other students?
- Know Your Resources: Do they help connect students to official resources *or other students*? Knowledge of resources on campus is not an expectation for this award.
- Stay in Touch: Is there evidence that they follow-up with individuals and check in on them?

**1. How has this student supported you during your time at Queen's? Please do not feel pressured to share anything you would be uncomfortable with: the award selection process focuses more on what the supporter has done than about the situation of the nominator.**

**2. What specific techniques or strategies do you remember them using to support either yourself or others?**

**3. From your perspective, why do you think supporting others means so much to this individual?**

**Thank you for your time and effort for recognizing a deserving student!**