



MAZE PIONEER PEER
MENTOR TRAINING
PROJECT

A large, circular graphic in the center of the page. It is a vibrant blue color with a soft, watercolor-like texture. The edges are slightly blurred and feathered, giving it a sense of depth and movement. The word "ORIENTATION" is written across the center of this circle in a white, bold, sans-serif font.

ORIENTATION



STUDENT CHAPTER MEMBERS' INTRODUCTION

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TWO FUN FACTORS ABOUT YOU



MEET THE TEAM

Designers on the program team have diverse backgrounds in the field of psychology, from current Ph.D. students passionate about mental health wellbeing to licensed professionals with years of experience. Therefore, our program is not only based on scientific evidence from research, but also practical skills from a clinical perspective.

Team members: Lingyue(Karen) Lu; Xin Tong; Qian Zhang; Guolin Zhang; Renmengya Zhou; Xinyi (Stacy) Wang; Wen Li; Hangyi Chen; Yi (Nemia) Zhou; Qingyi (Janette) Lan



WHAT IS MAZE?

Mentality & **A**dvocacy & **Z**eal & **E**mpowerment

Maze Partners, Inc is a 501(c)3 non-profit organization based in New York. We seek to educate, inspire and develop a network of students and professionals, becoming the ultimate platform for social innovation and empowerment that brings about success and wellbeing among Chinese-speaking international students. Everyone in the MAZE community contributes to the efforts of promoting mental health wellbeing in their very own journey abroad. The acronym, MAZE, stands for our core values – Mentality, Advocacy, Zeal, Empowerment. It's our hope to walk every intentional student through the maze of opportunities and challenges and to cultivate them into the community change-makers with lasting impact.



MAZE PEER EDUCATION PROGRAM

MPEP is designed to mainly serve **Chinese speaking international students** in US colleges by educating, promoting, and inspiring Chinese international students to live healthy lives in the US. Through **education, mentorship and outreach** on various college student health topics, peer educators equip their peers to practice healthy living to help them achieve success in college.

Our **goal** is to prepare each individual that hopes to contribute in this field to help and support their peers with sufficient relevant knowledge and skills. We hope to equip all Chinese speaking international students in the US to practice healthy living to help them achieve optimal wellbeing and success in college.



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MPPM TRAINING OVERVIEW

MPPM is one key step toward the Peer Education Program that goes into more depth. The **four-month** program consists of **nine topics**, which cover basic counseling skills and major issues one may encounter when working with peers with mental health difficulties. We hope this program will pave your way to becoming a professional mental health mentor for your peers!



SCOPE OF THE MPPM TRAINING

While not all-inclusive, the following provides a general overview of training topics typically addressed:

- ▶ Basic Counseling Skills
- ▶ Self-Care
- ▶ Available Resources for referrals on-campus/ off-campus
- ▶ Crisis Prevention
- ▶ Common Stressors and Coping Strategies
- ▶ Code of Ethics



MPPM TRAINING DELIVERY FORMAT

Training takes place in **every two weeks**. Participants will **self study** training materials in the first week and attend **an online group training session** in the second week led by **MAZE licensed clinicians**. The interactive online session will include a **Q&A section** regarding training materials, a **case discussion section**, and a **role-play section** for practice. There is also a pre-test and a post-test before and after the training for program evaluation.



THANKS!

Any
Questions
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