What are the I♡Healthy Relationship Coaching Sessions?

- The I♡Healthy Relationship Coaching Sessions are interactive 1:1 educational sessions with a trained CARE Peer Educator that focus on topics like new relationships, communication, love languages, & technology in relationships.

- This program is not for students in need of counseling services. This is an educational 1:1 program. If you are interested in services provided by professional CARE staff, please email careadvocate@ucsd.edu.

When will the coaching sessions take place?

- Reservations for coaching sessions will begin during fall quarter 2020.

Where will the coaching sessions take place?

- Coaching sessions will be held via Zoom. Each session will have a unique Zoom meeting ID that you will receive prior to meeting with your CARE Peer Education Coach.

What topics will be addressed in the coaching sessions?

- New Relationships & You focuses on reflecting on traits and attributes that you already have and what you are looking for in an ideal partner and relationship.
- Healthy Communication & Love Languages focuses on developing communication skills in relationships through analyzing your love language, and learning communication tips and styles.
- Technology & Relationships focuses on your technology usage and how it may impact your relationships.

What is the format of the coaching sessions?

- The coaching sessions are interactive and are facilitated using a combination of discussion questions and self-assessment worksheets.

How long will each session last?

- Each session lasts 45 minutes.

Who will facilitate the coaching sessions?

- A CARE at SARC Peer Educator will facilitate each coaching session. CARE Peer Educators have received extensive training on healthy relationships.
What will I have to do in the coaching sessions?

- The coaching sessions are a way for you to learn a bit more about yourself and how you want to interact in your relationships. During the coaching sessions, you will answer questions and review self-assessment worksheets.

Who can sign-up for the coaching sessions?

- Any UC San Diego undergraduate student may register for the coaching sessions. Graduate students are encouraged to connect with CARE staff if they have questions about healthy relationships.

How do you register?

- All students must sign up online via Google Form on the care.ucsd.edu website.

*The information discussed in these sessions will be shared with professional CARE staff. CARE Advocates will reach out to students as a follow-up if they have additional resources they feel might be helpful.