



# Peer Chat

Conversation Guide

KIRRIIP

# What is a Peer Chat?

A Peer Chat is a casual, student-led conversation with a Peer Supporter who can help you **navigate uni life, build connections, and find opportunities to get involved at RMIT**. It's a great way to ask questions, get advice, and feel more connected to RMIT.

## Topics you can Peer Chat about with a Peer Supporter:



### Social Connection & Getting Involved

- Making new friends and meeting people
- Finding clubs, events, and social activities
- Building confidence in social settings



### Opportunities & Personal Development

- Volunteering, mentoring, and leadership roles
- Joining student-led initiatives and projects
- Exploring career-building activities on campus



### Navigating University Life

- Adjusting to student life and finding your way around
- Balancing study, work, and social life
- Understanding student services and support options



### Wellbeing & Uni-Life Balance

- Managing uni-related stress and study motivation
- Settling in
- Finding free food, wellbeing resources, and student discounts
- Talking about shared student experiences in a supportive space
- Where and how to access professional support



## Topics Better Suited for Professional Support

Program Facilitators are here to chat and connect you with resources, but some topics are best handled by professional services:



### Mental Health & Emotional Wellbeing

- Anxiety, depression, or ongoing emotional distress
- Trauma, grief, or personal crises
- Suicidal thoughts or self-harm



### Personal & Financial Issues

- Housing or financial difficulties
- Family or relationship issues affecting your wellbeing
- Experiences of discrimination, bullying, or harassment



### Academic & Legal Concerns

- Special consideration, academic misconduct, or appeals
- Disability or accessibility support (though we can guide you to the right service)
- Work rights, tenancy issues, or legal concerns



## What to Expect in a Peer Chat



Casual, student-led conversation in a safe and welcoming space



Tips and advice from students who've been in your shoes



Connections to RMIT services, events, and opportunities

## Need Professional Support?

If you're facing challenges beyond what we can help with, we can connect you with **RMIT Counselling, Student Services, or Wellbeing Teams.**