Peer Wellness Coaching: Frequently Asked Questions

Who is Peer Wellness Coaching for?
Any undergraduate student currently enrolled at NJIT is welcome!

What is Peer Wellness Coaching?
This program aims to promote greater student holistic health and well-being by empowering students to achieve personalized goals in these areas. Services are provided by specially trained student coaches under the supervision of NJIT’s Center for Counseling and Psychological Services and Campus Health Services.

What is Peer Wellness Coaching NOT?
This is NOT counseling, health services or advising. If you need or want these services, then a coach can connect you to them.

Why is NJIT offering Peer Wellness Coaching?
NJIT has partnered with the Healthcare Foundation of New Jersey to invest in student health and well-being because these are foundational human needs that support an individual’s satisfaction and success. Training students as peer coaches allows greater access to this support service.

How can I participate in Peer Wellness Coaching?
NJIT offers coaching in two formats.

Individual Coaching allows students to meet with a Peer Wellness Coach for about 20 minutes to focus on maximizing their own health and wellness.

Team Coaching allows students to help create a community of caring at NJIT by joining a group of their peers, along with a Peer Wellness Coach, to discuss health and wellness.