

LC 200 Peer Education Course

Monday 5:00-6:00 PM, HRC 154
Spring 2015

Instructors

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Text

There is no text to purchase for this course. Any assigned readings will come from various articles that will be selected by guest speakers and distributed by the instructors.

Course Objectives and Outcomes

1. To raise students' personal awareness of health related issues relevant to the Butler population
2. To enhance students' knowledge, skills and ability to conduct peer education presentations and discussions
3. To improve the students' interpersonal and group communication skills
4. To gain knowledge about health promotion techniques

Course Expectations

This course involves a number of guest speakers, therefore, it is imperative that students arrive to class on time each week and actively participate in class. Each student is allowed to have 1 unexcused absence. Any more than 1 unexcused absence will result in a loss of 10 points from the overall grade.

Grading Criteria

LC 200 is a pass/fail course. Students receiving fewer than 78 points during the course will not receive a passing grade.

35 points	Participation
50 points	Reflection Papers (10 papers x 5 points each)
15 points	Virtual Peer Education Assignment

100	<i>total points</i>
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Active Participation

(35% of Grade)

Each student brings unique skills, experiences and knowledge to the class; therefore students are encouraged to share their thoughts, opinions and questions. If a student feels uncomfortable discussing a particular topic, the student is encouraged to speak with one of the instructors prior to the class period. When a guest speaker is present, students are encouraged to maximize the opportunity for learning by listening intently and asking questions. Participation in peer helping scenarios is an essential component to building effective helping skills. Each class will begin with a brief discussion about the reflection paper assigned the week before. Active participation in this discussion is encouraged.

Reflection Papers

(50% of Grade – 5 pts each)

There will be 10 reflection papers assigned throughout the semester. Points will be given based on thoughtfulness to the assigned topic, clarity and flow of the paper, as well as grammar. Reflection papers should be 2 pages, double spaced, 12 point font. Reflection questions will be posted electronically following each class period. Completed reflection papers should be submitted to the instructors at the beginning of the followings weeks' class. The purpose of the reflection papers are for students to consider how they may apply what was learned in class to their relationships with their peers.

Virtual Peer Education Assignment

(15% of Grade)

Develop a short social media campaign containing 5 posts for Twitter or Facebook around a wellness topic that we have addressed in class. The requirements are: 1) that the posts are either linked to a reputable website, infographic, article or video, and 2) that they use the hashtag #BUBeWell, and 3) contain less than 140 characters if they are intended for Twitter.

Here are a few examples (these are on the topic of sleep):

1. Sleep is awesome & pretty important for mental & physical health. Are you getting enough?
<http://bit.ly/1cC2yIE> #WellnessMatters
2. Whoa. Stress about school keeps 68% of college students awake at night. Let's change that. <http://www.butler.edu/stress-less/> #WellnessMatters
3. Einstein napped. Should you? <http://bit.ly/R2YYDz> #WellnessMatters

Two resources that will make this easier for you:

<http://www.butler.edu/health-education/health-resources> This site offers some reputable health topic websites.
www.bit.ly Use this site to take a long web address and make it super short!

On April 20 & 27 students will share with the class in a very informal way what topic chosen and what you found.

LC 200 Peer Education Course Outline (Spring 2015)

Mondays 5:00-6:00PM, HRC 154

Date	Topic	Presenter	Post-Class Reflection Papers
1/12	Welcome & Introduction	Instructors	X
1/19	-- No Class --		
1/26	Personal Wellness & Data (HRC 121)	Instructors	X
2/2	College Life	Instructors	X
2/9	Peer Helping/Discussion	Instructors	X
2/16	Healthy Relationships	Guest Facilitator	X
2/23	Eating & Body Image	Sally Dockendorff	X
3/2	<i>Scenarios/Role Playing (Wet Room in HRC)</i>		
3/9	--- Spring Break ---	--- No Class ---	
3/16	Sexual Health	Valjin Harvell (Marion Co Health Dept)	X
3/23	Nutrition (HRC 121)	Brooke Pearson	X
3/30	Sexual Assault	Sarah Diaz	X
4/6	Alcohol	Mike Denton	X
4/13	<i>Scenarios/Role Playing</i>		
4/20	Virtual Peer Education Assignment (Wet Room in HRC)		
4/27	Virtual Peer Education Assignment		

University 1020 sec 5
REAL Peer-to-Peer Training
Course Syllabus

PHE Advisor/Instructor: Nikki Gwin
Peer Health Education Office: 435-865-8435
Office:
Email: gwinn@suu.edu
Office Hours:

Course Objectives:

1. Students will be educated with respect to making healthy choices in risky situations, and students will accurately perceive campus environment.
2. Increase student's skill levels so that she/he can provide programs and presentations to enhance the wellness of the individual, campus, and community.
3. To provide participants with up-to-date research and information on health topics relevant to you as a peer health educator and student.
4. To challenge and increase student's knowledge of health related issues and provide a base level of awareness.
5. To increase group facilitation skills involving leadership and innovative strategies.
6. To promote the Peer Health Education Program and recruitment of new peers.

Course Requirements and Expectations:

1. Attend class consistently from 12:00 noon to 12:50 pm Mondays and Wednesdays. There are 3 excused absences if I am aware of the absence ahead of time. ALL other absences will result in a loss of points.
2. Complete Certified Peer Education Workbook end of Module Assignments by the following class period.
3. Assist/Participate with Peer Health Educators events through the semester a total of 20 hours.
4. Facilitate a 15-30 minute in-class presentation on a topic of your choice.
5. Submit Project Final or take the Optional Certified Peer Education Test.

Prevention Programming values and supports the academic efforts of students representing all cultures and abilities. Anyone needing accommodations should contact the instructor and the office of Disability Services @ 865-8022.

Individual Presentations (15 points): Each of you will be required to present on a topic of your choice in class. You will take 15-30 minutes of the class period to present in whatever way you see fit. As long as you educate and inform the class on your topic. I will pass around a sign-up sheet with the topics and dates you can choose to present on.

PHE Hours (20 points): PHE stands for Peer Health Education. The Peer Health Educators are students who care about the health and well-being of our student community. These students are trained and certified to educate, inform, mentor, and refer other students who may be struggling with various health related issues. The Peer Health Educators host Health Awareness Campaigns as well as Alternative Late Night Events. You will be required to assist in these events for a total of 20 hours this semester. Don't worry it is not a difficult task to complete as long as you don't wait until the end of the semester to complete them. Each month I will announce upcoming events, their time and location. It is your responsibility to keep track of your hours and include them in your portfolio at the end of the semester. One of the easiest ways to complete your hours is attending our weekly meetings in the CAPS seminar room located in the Sharwan Smith building across from the post office. These events are a lot of fun and you can see firsthand what the R.E.A.L. Peer Health Educators do for our campus community.

CPE Workbook Assignments (25 points): At the end of each Certified Peer Education Module you will be required to complete an assignment out of the Certified Peer Education Workbook and submit it to the instructor at the beginning of the next class meeting. Late assignments will have points deducted unless excused by the instructor.

Final Option #1: Prevention Project (30 points): All students will be required to complete a final. Option #1 students will be required to complete a Prevention Project by coming up with a creative activity or way to educate their peers on a health related topic of their choice.

Final Option #2: CPE Test (30 points): Students interested in becoming a part of the Real Peer team or simply wanting to be CPE certified are required take the CPE Test online. Those interested must inform instructor a week prior to the final date.

Attendance/Participation (50 points): Your attendance will hold the highest percentage of your grade. I do understand that unperceived things do happen, so you are permitted three excused absences, but I ask that you notify me of your absence so that I can inform you of any information you might have missed such as upcoming PHE hour opportunities. Along with your attendance I do want to stress the importance of participation. This class can be a lot of fun if everyone comes to class ready to participate in the discussions and activities. Also, if you attend an event for your PHE hours I expect you to help out and participate, which you'll have more fun and get a lot more out of them as well.

* My hours are posted on the syllabus. I have an open door policy so please feel free to come see me anytime during those hours if you have any questions or concerns.

Letter Grade	Decimal Grade	%	Letter Grade	Decimal Grade	%	Letter Grade	Decimal Grade	%
A	4.0	95	B-	2.8	83	C-	1.6	67
A	3.9	94	B-	2.7	82	C-	1.5	66
A	3.8	93	B-	2.6	81	D+	1.4	65
A-	3.7	92	B-	2.5	80	D+	1.3	64
A-	3.6	91	C+	2.4	79	D+	1.2	63
A-	3.5	90	C+	2.3	78	D	1.1	62
B+	3.4	89	C+	2.2	77	D	1.0	61
B+	3.3	88	C	2.1	75	D	0.9	60
B+	3.2	87	C	2.0	73	D-	0.8	59
B	3.1	86	C	1.9	71	D-	0.7	58
B	3.0	85	C-	1.8	69	F	0.0	57
B	2.9	84	C-	1.7	68			

Date	In-Class	Due Dates
8/24	Class Intro.	
8/26	CPE Module #1: Understanding the Power of Peer Education	
8/31	CPE Module #7: Programming and Presentation Skills	
9/2	MHFA: Substance Abuse Disorder	
9/7	NO SCHOOL	LABOR DAY
9/9	<i>Caffeine/Tobacco</i>	
9/14	<i>Alcohol 101: BASICS</i>	
9/16	<i>Alcohol Poisoning</i>	
9/21	<i>Impaired Driving</i>	
9/23	CPE Module #2: Strategies for Change in High-Risk Behaviors	
9/28	<i>OC/RX Drugs</i>	
9/30	<i>Marijuana</i>	
10/5	<i>Addiction</i>	
10/7	CPE Module #3: Listening Skills	
10/12	<i>Healthy Relationships</i>	
10/14	CPE Module #9: Group Development and Success	

10/19	NO SCHOOL	FALL BREAK
10/21	<i>Diversity</i>	
10/26	CPE Module #6: Developing Inclusive Peer Education Efforts	
10/28	<i>STI/Contraceptives</i>	
11/2	CPE Module #4: Responding and Referral Skills	
11/9	<i>Sexual Assault/Rape</i>	
11/11	NO CLASS	BACCHUS CONFERENCE
11/16	CPE Module #5: Intervention Skills	
11/18	MHFA: Mental Disorders	
11/23	MHFA: Mental Health First Aid	
11/25	NO SCHOOL	THANKSGIVING
11/30	QPR Suicide Prevention Training	
12/2	CPE Module #8: Taking Care of Yourself	
12/9		Final @ 11 a.m.