



Welcome to NASPA's Certified Peer Educator (CPE) Training! This eight-module training course will help you and your students recognize the unique role they play on an institution's campus. The training is perfect for peer education groups, resident advisors, orientation leaders, or other involved students on campus. Included in this comprehensive training are skill building modules allowing students to:

### **1. Understanding the Power, Roles, and Characteristics of Peer Educators**

- Provide an overview on peer education
- Discuss the roles of peer educators
- Discuss common "traps" that peer educators fall into
- Reflect on issues of integrity and ethics
- Develop appropriate self-care processes

### **2. Understanding Change as a Peer Educator**

- Discuss Evidence-Based Practices
- Look at creating change from an individual, targeted/group, and community/population approach
- Examine 5 stages of change that one goes through, as outlined in the trans-theoretical model
- Consider creating change using the Social Change Model

### **3. Being an effective Listener as a Peer Educator**

- Recognize why people approach us
- Hone active-listening skills
- Show that one is engaged in a change conversation.

### **4. A Peer Educator's Role as a Responder**

- Define the difference between a Critical Incident, Crisis, and Disaster
- Utilize the Crisis Management Cycle
- Utilize a Plan of Action checklist
- Recognize legal mandates governing and impacting peer educators
- Discuss making referrals and utilizing resources

### **5. Bystander Intervention as a Peer Education Technique**

- Know how to be an empowered bystander
- Recognize ambivalence to responding to situations
- Manage resistance, from both friends and strangers

### **6. Intrapersonal Applications of Identity as a Peer Educator**

- Define personal identities and manage expectations of how the world sees us
- Explore social identities and their history of social construction
- Recognize how identities impact one's development
- Discuss identity intersectionality and salience

### **7. Programming Strategies for Peer Educators**

- Craft Learning Outcomes and objectives
- Discuss evaluating programs and presentations
- Hone skills on program presentation
- Recognize the cornerstones of successful presentations
- Recognize personal skill sets as a presenter and event planner

### **8. Group Development and Moving Forward**

- Establish (or re-evaluate) a group set of Values, as well as Mission and Vision Statements
- Focus on the stages of group development
- Discuss characteristics and qualities of highly successful peer education groups
- Manage expectations of the peer education group moving forward