



Welcome to NASPA's Certified Peer Educator (CPE) Training! This twelve hour, nine 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. Some of what's included in this comprehensive training are skills to:

1. Understand the Power of Peer Education

- Provide an overview on what peer education is
- Learn about the roles of a peer educator
- Discuss common "traps" that peer educators tend to fall into

2. Change High-Risk Behaviors

- Discuss theoretical & evidenced-based change approaches (Motivational Interviewing, Social Norms, harm reduction)
- Look at creating change from an individual, targeted/group, and community/population standpoint
- Discuss the 5 stages of change that one goes through, as outlined in the trans-theoretical model

3. Listen Effectively

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

4. Respond and Refer

- Go through a response checklist
- Determine appropriate brainstorming techniques
- Discuss making referrals and utilizing campus resources

5. Intervene

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

6. Program and Present Inclusive Peer Education Efforts

- Explore your own cultural self
- Provide a series of definitions regarding social justice and inclusion
- Begin to recognize the impact our identities have on how we see and interact with the world

7. Programming and Presentation Skills

- Hone skills on program presentation
- Recognize the cornerstones of successful presentations
- Recognize your own skill sets as a presenter and event planner

8. Take Care of Yourself

- Focus on self-care as a peer educator
- Recognize stressors and stress management techniques
- Practice appropriate time management

9. Develop Successful Groups

- Focus on the stages of group development
- Discuss habits of highly successful peer education groups
- Prepare for & take the CPE Certification

The fee for an on-campus training is \$4000, travel inclusive, for NASPA Institutional Member Campuses, or \$5000 for non-member campuses. For more information or to reserve your dates for a CPE Training, please contact JM Alatis at jalatis@naspa.org.