



Welcome to NASPA's Certified Peer Educator (CPE) Training! This twelve hour, 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. Understand the Power of Peer Education**

- 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. Create Change in High-Risk Behaviors**

- 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. Listen Effectively**

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

### **4. Manage Crises, Respond, and Refer**

- 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. Act as an Empowered Bystander**

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

### **6. Reflect on Identities**

- 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. Hone Programming & Presentation Skills**

- 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. Manage Group Development and Success**

- 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