

Certified Peer Education (CPE) Training

Certified Peer Educator (CPE) Training provides undergraduate and graduate collegiate peer educators with the foundational skills necessary to foster individual, small group, and campus dialogues and events on prevention, health, and safety. The CPE training program is a 12-hour curriculum culminating in a certifying examination requiring an 80% score for certification. Upon completion of the training and the certification exam, participants receive a certificate and resume attachment indicating their successful completion of the certification.

The training program covers the material in nine distinct modules:

1. Understanding the Power of Peer Education

Module 1 provides an overview of peer education as an effective prevention methodology, and what impact a peer education program can have on students and a campus. The module also discusses peer educator ethics and avoiding common “traps.”

2. Strategies for Change in High-Risk Behaviors

Module 2 introduces students to several health promotion approaches. It covers the basics of motivational interviewing, stages of change, the social norms approach, harm reduction, and environmental approaches. Students will also learn the difference between individual, targeted and universal prevention approaches.

3. Listening Skills

Listening skills are one of the most important strategies for becoming an effective peer educator. In Module 3, participants will learn why students seek peer educators to discuss personal issues. Interactive activities throughout the module teach strategies and techniques for active listening.

4. Responding and Referral Skills

Module 4 teaches the techniques that peer educators can use after the listening process has occurred to begin the “take action” process. Several exercises explore different issues, resources on campus and potential referral agents for the various health issues students may face, as well as learning the boundaries of helping.

5. Intervention Skills

Module 5 covers the topic of bystander behavior and intervening to prevent harmful or unhealthy behavior. Participants will discuss the bystander behavior and why it occurs. Through group activities, participants will become more comfortable addressing inappropriate or unhealthy behavior.

6. Developing Inclusive Peer Education Efforts

Successful peer education programs have the ability to be inclusive of campus diversity. In Module 6, participants will explore their own cultural identity and their group's identity through interactive activities and reflection. A cultural competency discussion will assist participants to identify ways to develop inclusive educational programs.

7. Programming and Presentation Skills

Module 7 covers the skills necessary for planning and implementing programs and presentations. The module contains worksheets and activities to increase participants' skills in program and presentation design as well as program marketing.

8. Taking Care of Yourself

Module 8 teaches peer educators how to take care of their own wellness and deal appropriately with stress, over-commitment, and potential burnout. It provides techniques for achieving greater balance.

9. Group Development and Success

Module 9 introduces students to the concept of group dynamics and the key elements for maintaining a successful and productive peer education group. Participants will learn and discuss the strategies for achieving and maintaining a group that is recognized and utilized across campus.

NASPA offers facilitated CPE Training for colleges and universities. For more information, or to schedule a facilitated CPE Training on your campus, contact David Arnold at darnold@naspa.org.