Engaging Peer Educators in Wellness Promotion

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Engaging Peer Educators in Wellness Promotion

Learning Outcomes

• Examine and assess the benefits of using peer health education at large institutions to advance wellness through different programming models.

• Understand how the Student Life Student Wellness Center focuses on the importance of student development to train volunteers as effective peer educators.

• Identify departmental opportunities where peer education can be utilized.

• Develop new ideas for recruiting, training, and implementing peer education programs on respective campuses.
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Overview of Student Life Student Wellness Center
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- Student Wellness Center History

- Mission: The Student Wellness Center fosters a culture of wellness by empowering all undergraduate, graduate and professional students to reach their full potential through engaging in evidence-based, holistic wellness programs and services utilizing the peer to peer model.
“Wellness is an active, ongoing process which involves becoming aware of and taking steps toward a healthier, happier, successful life.”

The Ohio State University
Student Wellness Center
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9 Dimensions of Wellness Model

• Career
• Creative
• Emotional
• Environmental
• Financial
• Intellectual
• Physical
• Social
• Spiritual
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The Student Life Student Wellness Center supports all Ohio State students as they work to live happier and healthier lives.

Programs and services include:

- Alcohol and Other Drug Prevention Services
- Buckeye Food Alliance
- Collegiate Recovery Community
- Condom Club
- Financial Coaching
- HIV/STI Testing
- Nutrition Coaching
- Peer Access Line
- Relationship Education and Violence Prevention
- Student Civility Program
- The Body Project
- Wellness Ambassadors
- Wellness Coaching
## Engaging Peer Educators in Wellness Promotion

<table>
<thead>
<tr>
<th>Peer Education Group</th>
<th>Number of Peer Educators</th>
<th>Primary Mode of Delivery</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASICS / CASICS Facilitators</td>
<td>5</td>
<td>1:1</td>
<td>Upper Level Undergrad / Grad</td>
</tr>
<tr>
<td>STI Test Counselors</td>
<td>20</td>
<td>1:1</td>
<td>Undergraduate/Grad</td>
</tr>
<tr>
<td>Nutrition Coaches</td>
<td>2</td>
<td>1:1</td>
<td>Graduate</td>
</tr>
<tr>
<td>Financial Coaches</td>
<td>60</td>
<td>1:1</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>Relationship Education Violence Prevention Ambassadors</td>
<td>25</td>
<td>Group</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>Peer Access Line (PAL) Volunteers</td>
<td>30</td>
<td>1:1</td>
<td>Upper Level Undergrad/Grad</td>
</tr>
<tr>
<td>Body Project Facilitator</td>
<td>12</td>
<td>Group</td>
<td>Undergraduate/Grad</td>
</tr>
<tr>
<td>Wellness Ambassadors</td>
<td>50</td>
<td>Group</td>
<td>Undergraduate</td>
</tr>
<tr>
<td>Wellness Coaches</td>
<td>35</td>
<td>1:1</td>
<td>Upper Level Undergrad/Grad</td>
</tr>
</tbody>
</table>
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Peer Educator Recruitment
Overview of the SLSWC Peer Educator Programs

• Recruitment
  • Fall Semester Recruitment – Spring Training Cycle
  • Planning Ahead
  • Marketing Open Applications
    • Newsletter Distribution (Public Health, Multicultural Center, OnCampus Today, Health Science Scholars, etc.)
    • Involving Current Volunteers
      • Refer a Friend Competitions

• Requirements
  • Minimum 2.5 GPA
  • Full Time Student
  • 2 semester commitment

• Accountability
  • Competitive Interview Process
  • Comprehensive Training Process
  • Student Agreement Forms
Training Peer Educators
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Student Learning Outcomes

• Students will foster an understanding of and appreciation for holistic wellness

• Students will develop as leaders and professionals in an ever-changing environment

• Students will provide unbiased support and assistance
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Training Overlap
- Leadership Development
- Motivational Interviewing
- Public Speaking
- Diversity and Inclusion
- Campus Resources
- Policy Overviews

Moving Forward
- Standardized Training
- CPE Certification for all Volunteers
Wellness Ambassador Development Program

• Course Breakdown:
  • 7 weeks of generalized content
    • NASPA Certified Peer Educator Training
  • 2 weeks of specialization training
  • 4 weeks of mock presentations and outreach
  • Final Exam
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NASPA Certified Peer Educator Training

• Modules:
  1. Understanding the Power, Roles, and Characteristics of Peer Educators
  2. Understanding Change as a Peer Educator
  3. Being an Effective Listener as a Peer Educator
  4. A Peer Educator's Role as a Responder
  5. Bystander Intervention as a Peer Education Technique
  6. Intrapersonal Applications of Identity as a Peer Educator
  7. Programming Strategies for Peer Educators
  8. Group Development and Moving Forward
Wellness Ambassador Development Program Recent Updates:

- 3-credit Leadership Course
  - Emotionally Intelligent Leadership Inventory
  - Social Media Audit
  - Mock Presentations
  - Improv Class
  - Peer Leader Philosophy Paper and Digital Poster Presentation
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Think – Pair – Share

• Do you have any peer educator programs in your office?
  • If not, where might there be opportunities for peer education?

• What recruitment techniques have worked well for your programs?

• What successful training practices are you most proud of and where is there room for improvement?
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Assessment and Evaluation of Programs
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Assessment and Evaluation
• First Year Success Series Reflections
• Presenter Rubrics
• Presentation Evaluation Survey
• Net Promoter Score
• Wellness Assessment
• Volunteer Feedback
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Think – Pair – Share

• How do you know your programs are successful?

• What program evaluations does your office currently facilitate?

• How do you utilize the data collected from program evaluations and assessments?

• Where is there room to improve evaluations and assessments on your programs, volunteers, services, etc?
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Learning Outcomes Revisited

• Examine and assess the benefits of using peer health education at large institutions to advance wellness through different programming models.

• Understand how the Student Life Student Wellness Center focuses on the importance of student development to train volunteers as effective peer educators.

• Identify departmental opportunities where peer education can be utilized.

• Develop new ideas for recruiting, training, and implementing peer education programs on their respective campuses.
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Questions?
Thank You

Presenter Contact Information

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