



2020
HANDBOOK

PHE

PEER HEALTH EDUCATION

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WELCOME

Your interest in the Peer Health Education program is something to be celebrated! It is important to me that you know: Although we are dedicated to helping the students at Sewanee learn about and become intentional in pursuing wellness, this group is also put in place to be a support for you, the PHE.

I hope that when you become a peer health educator you join me in creating a community where we can talk about our experiences, share information and trends in health and wellness and develop fun workshops to educate others. As your mentor, I will help you to understand what it means to flourish and how you can become intentional in this pursuit while being kind to yourself. As we learn and teach others about various health topics, it is important to convey that there is no finish line or idea of perfection. We want to get to the place where we can enjoy our journey and continue to learn about ourselves without judgement.

In joining the PHE program, you are a major component of the University Wellness Center's outreach initiatives. We have the opportunity to help students at Sewanee in a tremendous way. A workshop, discussion, or activity that we present can help someone even years after they ever realize it. It will always be the case that you had made a difference in someone's life. Thank you in advance for being PHEnomenal!

Warmly,

Nysha Davis
Wellness Coordinator

MISSION



Our mission is to promote a culture of health and wellbeing at The University of the South through student outreach. We aim to help the students at Sewanee increase awareness and responsible decision-making towards a healthy and fulfilling lifestyle. Ultimately, we want students at Sewanee to feel supported and empowered as they connect with each other and learn about health, wellness, and campus resources.

The Peer Health Education program (PHE) is a component of wellness and health promotion within the University Wellness Center. We recruit, train, and organize a diverse group of students to plan and implement workshops and discussions that are non-judgmental, fun, engaging, interactive, and informative. Our workshops are aimed to leave students with a “can-do” attitude towards the highlighted health topic and can be scheduled for any student group at Sewanee (Fraternity, Sorority, Residence Hall, Sports Team, etc.).

PHE ROLE

As a PHE, you are an easy to talk to resource for your peers at Sewanee. You provide information, promote discussion and reflection, and strive to educate others in a fun and non-judgmental way. You are a dedicated student leader who combines your community health training with a passion for making a difference on Sewanee's campus. As a group, we want to see all students at Sewanee flourish.



BENEFITS

Peer health educators at Sewanee have an opportunity to join a distinguished group of dynamic individuals. You will have an opportunity for mentorship and personal/career development as you network with faculty, staff, and students. Our trainings, workshops, and evaluations help you to develop concrete skills and accomplishments for a stronger resume. As you learn and teach your peers about the many topics of health and wellness, you will be earning non-hospital volunteer hours for internship and continuing education applications. Become a PHE, meet new people, build lasting connections, and have fun!

LEARNING OUTCOMES

- A. Increase knowledge in health and wellness related topics
- B. Develop skills in leadership, teamwork, and program coordination
- C. Gain effective communication, public speaking, and networking skills
- D. Develop presentation skills
- E. Learn to efficiently balance personal responsibilities
- F. Gain multicultural competence

*Visit the “orientation & training” section for a list of topics that are covered throughout the PHE experience.



RESPONSIBILITIES & REQUIREMENTS

- Undergraduate student at Sewanee
- Minimum 3.0 overall GPA
- Attendance at Sewanee for at least one full semester
- Ability to balance other activities with the PHE commitment

APPLICATION & INTERVIEW

You must apply during the Spring semester to become a PHE. All applicants are invited to a group information session which will serve as an opportunity for us to get to know you and select candidates for the open PHE role. Selected students will be invited to schedule a 30-minute individual interview. We are looking for students with:

- Ability to function in a group, both as a leader and as a supportive team member
- Willingness to step out of your comfort zone
- Interest and enthusiasm in promoting healthy behaviors
- Ability to speak publicly in a positive, engaging, interactive, and nonjudgemental way
- Demonstrate a sincere concern for others, their wellbeing, and quality of life
- Open mind to cultures, practices, and sexual orientations different from your own

IMPORTANT DATES

- Applications open **Wednesday, January 8th**
- Applications are due by **Wednesday, February 5th**

*After this deadline, please contact us if you're interested in becoming a PHE. We will let you know your current options for getting involved.

- Group information session/interview at the Social Lodge - **Sunday, February 9th**
- Individual interviews between **February 11th-21st**
- Welcome invitations emailed no later than **March 11** (before spring break)
- New PHE welcome party - A relaxed get-together at the Social Lodge. New PHEs will give a 15-minute self-designed activity, discussion, or presentation to trained PHEs on a topic of their choice during the week of **March 29th** (one week after spring break)

EXPECTATIONS AND COMMITMENT

Please be available to the PHE program 2 to 3 hours each week. This time is reserved for meetings, trainings, and workshops across campus. Please make it a priority to nurture your personal wellness and set the tone for your peers at Sewanee. Although you will be mentored throughout your time as a PHE, we welcome creativity and ambition! Please bring ideas and positive energy to the PHE group.



PROGRAM DESIGN & IMPLEMENTATION

ORIENTATION & TRAINING

Although training will be ongoing, the month of April will have us focused on the orientation and training of new PHEs. During this time, scheduled workshops across campus will be administered by trained PHEs. New PHEs can begin administering workshops in the upcoming Fall semester. Topics visited during training include but are not limited to:

- Ethics, confidentiality, and goals
- Effective communication strategies
- Enhancing motivation to change in others
- Stress, mindfulness, and relaxation
- Sexual Health
- Alcohol

- Marijuana, prescription drugs, and other drugs
- Mental health
- Sexual orientation and gender identity
- Body image
- Eating disorder
- Relationship Violence
- Perspectives
- Hooking up and dating
- Sexual violence and bystander intervention
- Presentation skills

We will work together to decide which topics are most relevant on Sewanee's campus. Each training will be tailored so that the most relevant topics are covered in depth.

MEETINGS

All PHEs are required to attend our regular meeting once a week. Our meetings serve as an opportunity for us to reflect on our personal wellness, update each other on how we are doing, share new and current information about health and wellness, set new goals or track progress on our current health initiatives, and train for future workshops across campus. The day and time of this meeting is agreed upon by the group at the start of each semester and is expected to last 1.5 hours. If a workshop is scheduled, we will have a second meeting during that week for an additional 1.5 hours.

WORKSHOPS

As PHEs, we collaborate often with various student organizations and campus departments. Our workshops are approximately 1-hour long and can be requested by all groups at The University of the South. The topics that we are prepared to present are listed on our website and updated regularly. We ask that all requests for workshops be made at least 2-weeks prior to the desired time for the event.

PROGRAM EVALUATION

Our goal is to help students at Sewanee as they become intentional in the responsible decision making that helps us begin to flourish. With this goal in mind, it is important that we evaluate our workshops and the affect that they have on our peers. Methods could include observation, pre and post-tests, surveys, or verbal Q&A sessions. With the information that we collect, we will be able to modify or enhance our workshops for maximum effectiveness.

It is also our goal to see each other flourishing while in the PHE program. We will evaluate how well we are meeting the learning outcomes listed previously and whether or not PHEs feel they are benefiting from being in the program. We will use the flourish measure developed by Tyler VanderWeele at Harvard University as a basis for our evaluation.

TERMINOLOGY

APPENDIX