

Peer Health Education – Learning on many levels

PROGRAM DESCRIPTION

Peer Health Educators (PHEs) are provided a paraprofessional experience as they deliver relevant health information to their peers. They learn and develop via training conducted by Health Educators, preparations for leading workshops and sessions, and in day-to-day operation of the Wellness Center itself.

LEARNING OUTCOME 1

Upon completion of a workshop or individual session with a Peer Health Educator the student will be able to identify:

- What they learned about the particular health topic
- Their role in the healing/preventive process
- Future actions to incorporate healthy lifestyles choices

RESULTS

Data were collected from workshops and individual sessions led by Peer Health Educators on topics such as nutrition, physical activity, and stress management. Overall, nearly 100% of students reported that they learned at least one thing about the particular health topic, that they played an active role in the management of the health topic, and that they would make behavior change to include more healthy choices in their lives.

LEARNING OUTCOME 2

Upon completion of each academic quarter, peer health educators will show proficiency in 8 CAS standards, including intellectual growth, effective communication, leadership development, healthy behavior, independence, collaboration, satisfying and productive lifestyles, appreciating diversity, and personal and educational goals at a level of medium-high (2.5 or higher) as measured by self-evaluation.

RESULTS

Four quarters of data were collected via self-evaluation administered at the end of each quarter. Overall, Peer Health Educators showed proficiency in the measured standards at the set goal of 2.5 or higher. There were 2 exceptions to this. During Fall 2011, the average score for intellectual growth was 2.4, and during Winter 2012 the average score for personal and educational goals was 2.4, both just under the set goal level.

LEARNING OUTCOME 3

After their experience as a Peer Health Educator at the Wellness Center, students will be able to:

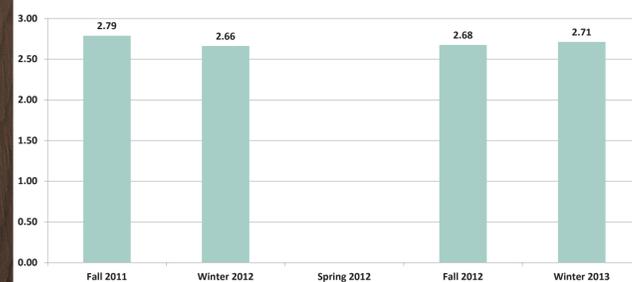
- **Intellectual Growth** – apply knowledge acquired through relevant coursework and/or work experience
- **Effective Communication** – deliver health information to a student or group of students
- **Healthy Behavior** – exhibit healthy behaviors and an understanding of how those behaviors impact life
- **Independence** – manage time and complete projects with appropriate amount of supervision
- **Collaboration** – work cooperatively with peers and staff and contribute to group process
- **Satisfying and Productive Lifestyles** – achieve a work/ school/life balance
- **Appreciating Diversity** – understand and appreciate the impact of diversity on health and health messages
- **Personal and Educational Goals** – articulate and achieve personal and educational goals set at the beginning of the quarter

...with an average score of at least 2.5 as measured by the CAS rubric.

RESULTS

Six quarters of data collection showed that the Peer Health Educator program achieved the set learning outcome. Both the overall average rubric scores and the scores for each individual standard consistently ranked above and never went below 2.78, well above the target level of 2.5.

PHE SELF-EVALUATION DATA



THE NEXT STEPS...

The three tiered evaluation showed that the Peer Health Educator program is accomplishing the set goals. The logical next steps for the program are as follows:

- Determine whether the chosen CAS Standards continue to be appropriate for the program
- Evaluate the value of incorporating other CAS Standards into the evaluation.
- Consider collecting more specific behavior change data from PHE program and individual session attendees.

CAS STANDARDS DATA

