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HHP 371.01: Peer Health Practicum

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HHP 371: Peer Health Practicum

Fall 2001

Instructors

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The mission of Health Enhancement at The University of Montana is to make positive, healthy behaviors the easy choice for UM students. Combining research-based strategies, peer education, and service learning opportunities, we strive to create a campus environment which promotes academic and personal development.

The purpose of this practicum is to gain practical peer education experience(s) by applying skills and knowledge learned in HHP 370. By proactively engaging in such experiences, active PROs will enhance their skills, challenge themselves and others, grow professionally and personally, and enrich the campus community.

Expectations for PROs taking HHP 371 for one (1) academic credit

1. **Complete** a minimum of 45 hours of service and practical experience, indicated by monthly time sheets
2. **Attend** no less than 13 of 14 regular weekly meetings @ Health Enhancement: Wednesdays 4:10-5pm
3. **Lead** programs regarding student health needs
 - Interactive presentations/facilitated discussions for dorms, Greek houses, classes, other student groups (2 PROs per each presentation)
 - Resource tables with printed info (brochures, flyers, etc.) and PROs representatives to answer questions and refer to campus/community services
 - HIV counseling and testing
 - Campus Health Work Groups (Drug and Alcohol Advisory Committee, Student Health Advisory Committee, University Council on Sexual Assault, Eating Disorders Task Force, Diversity Council, Associated Students of The University of Montana, etc.)
 - Assist with the administration of surveys and facilitation of focus groups to gain knowledge about student health needs and assets
 - Social marketing: create and distribute materials with positive, empowering, inclusive messages about student health needs
 - Health opinion leadership: use everyday natural interactions among the campus community as opportunities to affirm positive social norms and behaviors as well as prompt individual and social change
 - Community Building and Support: apply knowledge, skills, and talents as PROs in campus and community service sites
4. **Complete** final report/journal summary of experiences, successes, and challenges as a PRO during Fall semester

Grading Requirements

A	B	C	D	F
<ul style="list-style-type: none">• 5 presentations• 4 resource tables	<ul style="list-style-type: none">• 4 presentations• 3 resource tables	<ul style="list-style-type: none">• 3 presentations• 2 resource tables	<ul style="list-style-type: none">• 1-2 presentations• 1 resource table	<ul style="list-style-type: none">• 0 activities• Fail to complete a minimum of 45 hours
<ul style="list-style-type: none">• Minimum of 10 individual outreaches• Journal completion• Minimum 45 hours• Attend 13/14 classes	<ul style="list-style-type: none">• Minimum of 8 individual outreaches• Journal completion• Minimum 45 hours• Attend 13/14 classes	<ul style="list-style-type: none">• Minimum of 6 individual outreaches• Journal completion• Minimum 45 hours• Attend 13/14 classes	<ul style="list-style-type: none">• Minimum of 4 individual outreaches• Journal completion• Minimum 45 hours• Attend 13/14 classes	

Health is neither achieved nor compromised in isolation. An individual's health and the health of his or her environment and society are inextricably interrelated.

-- Pat Fabiano, Western Washington University

Week	Date Wednesday	<u>Topic/Assignment</u>
1	9/5	Welcome Project/Program descriptions Team selections
2	9/12	Drawing the Shades (DTS) prep starts 4:30pm DTS Crew & Support
3	9/19	Facilitation Training/Practice DUE: Team Projects/Presentation selections
4	9/26	Training/Practice for Individual Outreaches
5	10/3	Practice Presentations: Feel Good Naked!
6	10/10	Practice Presentations: Dude, Where's My Beer?
7	10/17	Practice Presentations: Stop, Drop, and Unroll
8	10/24	Practice Presentations: Hot Options
9	10/31	Practice Presentations: Condom Bingo
10	11/7	Group Check In: Goals, Successes, Challenges
11	11/14	Leadership Strategies
12	11/21	No class—Thanksgiving Holiday
13	11/28	Community Possibilities
14	12/5	How do I put this experience on my resume? Career Services guest speaker
15	12/12	Final Class ALL TIME SHEETS AND JOURNALS DUE TODAY! Accomplishment sharing Where do we go from here? Plans for Spring 2002
16	12/19	No class Have successful finals and a great holiday!