

# **AN INTRODUCTION TO PEER HEALTH EDUCATION COURSE SYLLABUS SPRING 2007**

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**Course Description:**

This course is designed to challenge and expand students' beliefs and perceptions about health and wellness through exercises in introspection and open discourse. The course will also provide students with current information on a variety of health and wellness related topics including general wellness, alcohol and substance abuse, nutrition, eating disorders, mental health, sexual health, and sexual assault prevention. In addition, students will be challenged to grow as leaders, peer counselors, and educators. Students will hone important basic listening, counseling, group facilitation, public speaking, and presentation skills. Upon completion of this course, students are eligible to become a member of the Peer Health Education (PHE) program. This program is composed SCU students from diverse backgrounds who work to facilitate interactive presentations, discussions, panels, workshops, and health awareness events for other students.

**Units:** 2 unit course, 3 hours weekly, P/NP

**Course Objectives**

1. To challenge and shape students' health and wellness perceptions, attitudes, and behaviors.
2. To increase students' knowledge and understanding of college health-related issues.
3. To foster the growth of students as leaders on campus.
4. To hone students' abilities to accurately read and interpret current health literature.
5. To cultivate students' public speaking, peer counseling, group facilitation, marketing, program planning, and health education skills.
6. To promote the SCU Peer Health Education Program.

**Course Requirements and Grading:**

Grades will be based on the completion of the following:

1. Attendance and Participation (200 points)
2. Homework assignments (200 points)
3. Participation in PHE outreach activities (100 points)
4. Midterm Exam (200 points)
5. Final Presentations (300 points)

**TOTAL POINTS: 1000**

## Point Schedule.

### **1. Attendance & Participation (200 points)**

Interaction and discussion are essential for students enrolled. Each class is worth 10 points; Students are allowed only one, pre-approved absence. All un-approved absences will result in a loss of points. **Three (3) or more absences will result in class failure.**

### **2. Homework assignments (200 points)**

Homework assignments will include journal writing each week, worksheet completion, reflection assignments etc. Each journal entry will be worth 20 points.

### **3. Participation in PHE Outreach Activities (100 points)**

Attend various PHE, Wellness Center, and other possible campus events relevant to this course. Dr. Zeamba will let you know when relevant events are occurring on campus, or you can submit potential events for approval. You are required to attend at least 4 events total (25 points each). You will also be required to keep a log of these outreach projects.

Sample Events can include:

- a) "1 in 4 Program": all male sexual assault peer presentations
- b) "Every 2 Minutes": all female sexual assault peer presentation
- c) "Fad Diets" presentation by SCU dietician, Mary Santarosa-Mahoney (given 5/17)
- d) Body Image Awareness Week Programming (Week 7: 5/15 - 5/19)

### **4. Midterm Exam (200 points) \*\*Take Home**

This exam will be due in week 6 (May 11, 2006).

The exam questions will be based on material from class discussions, guest presenters, readings, and homework assignments.

### **5. Final In-Class Presentation. (300 points)**

Groups of 3-5 students will

- a. plan
- b. present
- c. evaluate a 30 minute peer education workshop.

Grading will be based on:

1. Information provided (accuracy and relevance)
2. Creativity
3. Presentation skills
4. Appeal to target population
5. Evaluations (class participant and self)
6. Overall quality of presentation.