Course Outline

COURSE: GUID 52  DIVISION: 10  ALSO LISTED AS: PSYC 52

TERM EFFECTIVE: Summer 2020  CURRICULUM APPROVAL DATE: 03/10/2020

SHORT TITLE: PEER MENTORING

LONG TITLE: Peer Mentoring, Education, and Leadership

<table>
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<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>1.0</td>
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<td>Lecture:</td>
<td>1</td>
<td>18</td>
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<tr>
<td></td>
<td></td>
<td>Lab:</td>
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<td></td>
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<td>Total:</td>
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COURSE DESCRIPTION:

An overview of the principles, skills and methods used in peer mentoring and peer education. Course emphasizes communication skills, goal setting, intervention techniques, and referral skills for peer leaders. Student will earn nationally recognized Certified Peer Educator certification upon successful course completion. This course is also listed as PSYC 52.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D – Credit - Degree Applicable

GRADING MODES
   P – Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:
   02 – Lecture and/ or discussion
STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Demonstrate non-verbal communication skills consistent with effective mentoring.
2. Identify and effectively respond to common peer mentoring "traps": enabling, internalizing and liability, etc. Identify high risk behaviors and self-care strategies; make appropriate referrals to campus resources.
3. Apply local, state, and federal regulations to mentor responsibilities.
4. Achieve national Certified Peer Educator certification.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date 03/10/2020

2 hours
Introduction to class; grading assignments, expectations, etc. Introduction to peer mentoring, education, and leadership, roles, and impacts of peer educators. Common peer educator "traps" such as enabling, internalizing, and liability. Introduction to ethics and liability.

2 hours
Lecture and discussion re: common peer educator "traps": enabling, internalizing, and liability. Review of all FERA regulations.

2 hours
Communication skills: Listening skills, non-verbal communication, reflection, paraphrasing, summarizing. "I messages." Creating response checklists. Self disclosure and establishing boundaries.

2 hours
Intervention and referral. Review of campus and community resources, including services and technology tools.

2 hours

2 hours
Midterm exam: in class demonstration of skills via role play.

2 hours
Strategies for change in high risk behaviors, including the five stages of change.

1 hour
Cultural proficiency and stereotypes.
Understanding and leading groups. Cycles of group formation and the seven habits of highly effective peer education groups and program planning.
Self care and strategies for success including stress management, time management, establishing boundaries, sleep, diet, and exercise.

METHODS OF INSTRUCTION:
Lecture, dyadic exercises, group exercises and role plays, group discussion, observation and critique of peer counseling and advising techniques.

OUT OF CLASS ASSIGNMENTS:
Required Outside Hours: 15
Assignment Description: Out of class readings and journal assignments.
Required Outside Hours: 1
Assignment Description: Complete online FERPA quiz.
Required Outside Hours: 15
Assignment Description: Skills practice including non-verbal messages in dyads and triads; journal writing based upon these experiences.
Required Outside Hours: 5
Assignment Description: Complete campus and community resources matrix.

METHODS OF EVALUATION:
Writing assignments
Percent of total grade: 20.00 %
10% - 20% Written homework; Essay exams

Skill demonstrations
Percent of total grade: 40.00 %
30% - 50% Class performance

Objective examinations
Percent of total grade: 40.00 %
40% - 60% essay and short answer

REPRESENTATIVE TEXTBOOKS:
ISBN: 978-0-931654-82-4
Reading Level of Text, Grade: 13 Verified by: L. Tenney
ARTICULATION and CERTIFICATE INFORMATION
Associate Degree: GAV E2
CSU GE:
IGETC:
CSU TRANSFER: CSU Transferable
UC TRANSFER:

SUPPLEMENTAL DATA:
Basic Skills: N – Not Applicable
Classification: Y – Credit Course
Noncredit Category: Y – Not Applicable
Cooperative Education:
Program Status: 2 – Stand - Alone
Special Class Status: N – Not a special class
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PSYC
CSU Crosswalk Course Number: 52
Prior to College Level: Y – Not Applicable
Non Credit Enhanced Funding: Y - Not Applicable, Credit Course
Funding Agency Code: Y – Not Applicable
In-Service:
Occupational Course: E – Non Occupational
Maximum Hours:
Minimum Hours:
Course Control Number:
Sports/Physical Education Course:
Taxonomy of Program: 200100