

West Virginia University
Davis College of Agriculture, Natural Resources and Design
Course Syllabus
HN&F 293I SPTP: Peer Mentoring
Spring 2015 (CRN 87994)

Location/Mtg Time: **Agricultural Science Building G06 Wednesday 6:00pm-7:50pm**
Credit hours: **2 credit hour**
Instructor: **Melissa Olfert, DrPH, MS, RD, LD**
Phone: 304-293-1918
Email: melissa.olfert@mail.wvu.edu
Office Hours: **by appointment for Dr. Olfert**
Prerequisites: **None**
TA: **Makenzie Barr mbarr6@mix.wvu.edu**
Service Designation: **S Designation Approved by the CS&L**



Course Objective:

Peer Mentoring is a hybrid/online course for students who seek to understand the empowerment of peer influence to assist their peers in making healthful life choices. Topics that enrich understanding of broad range of health topics include: nutrition, physical activity, and stress management while weaving in the fundamentals of peer counseling techniques. Over the semester, students will work to service their campus with healthy events geared toward increasing lifestyles among students and promoting awareness.

Expected Learning Outcomes:

Upon successful completion of this course the student will be able to:

1. Identify and discuss the health needs and issues for college freshmen especially but also college students in general.
2. Describe appropriate peer counselor responses to issues college students may encounter and apply that service within their immediate circle of their regular interactions.
3. Communicate the appropriate factual information using effective evidence-based approaches using integration and reflection activities and discussion from their assignment related experience.
4. Identify appropriate campus resources for college freshmen success and other college students, reflecting what circumstances you should make referrals.

Required Materials:

As our course is being taught concurrently with three other universities (University of Tennessee, University of Florida, and South Dakota State University) we will all be using Blackboard. Access to Blackboard eLearning can be linked from www.coursites.com. Also minimal use of the WVU eCampus will be used for some communication.

Professor's Accessibility Policy:

I am interested and invested in your success in this class. If you have any questions, concerns, or problems, don't hesitate to contact me or come by to see me right away. Do not wait if you have a problem or need help. My preferred method of communication is in person in my office or lab. The best form of communication is by email melissa.olfert@mail.wvu.edu. I check it daily. Please do not wait if you are struggling in this course and your grade is poor. Contact us early in the course. Good luck and I hope you enjoy this class.

Plagiarism:

Plagiarism in any form will not be tolerated. Any incidence of plagiarism will result in a **grade of F** and will be reported to the Vice President for Academic Affairs.

Social Justice:

West Virginia University is committed to social justice. The instructor of this course concurs with WVU's commitment and expects to maintain a positive learning environment based upon open communication and mutual respect. Any suggestions as to how to further such an environment will be appreciated.

Attendance Policy:

Attendance when requested outside of this hybrid class is an expected part of the overall professional conduct of an WVU student. This policy is reflected in the "Statement on Student Attendance" as approved by the Faculty Senate. See <http://www.wvu.edu/~acadaff/acad/policies/attendance.htm> for more information. Any attendance and participation, which affects the student's grade, will be found in the grading criteria of the syllabus.

Grading:

Classroom and attendance expectations for this hybrid/online class is to weekly engage in these activities:

- Watching the lecture
- Reading assigned materials
- Engaging in weekly discussion boards (not only to answer class questions, this board is also for you all to share what is working and not working when communicating and meeting with your mentees)
- Posting on social media and sharing Fruved social media posts

You may complete the discussions any time during the assigned week as long as they are completed by Sunday 11:50 PM.

Please note if you decide not to participate in the research data assessments (they are voluntary) an optional assignment of writing a 3 page summary of what assessments are collected and how this information will help with the overall project and understanding of peers will fulfill the points allotted below (to clarify that is a 3 page summary for pre-assessment research data collected and a 3 page summary for post-assessment research data collected).

Performance Indicators For PEER MENTORS	Points
Lead Peer Mentor for designated week (2 weeks – 25 pts each)	50
Replying to discussion board post (1 reply per week for 12 weeks)	60
Attending Fruved events and/or meet with mentees (50pts each)	250
Posting on Social Media/participate in challenges (1 post per week for 12 weeks)	120
Assessments (beginning of semester)	100
Complete monthly interaction log (Aug, Sept, Oct, Nov, Dec – 75 pts each)	300
Class attendance	120
Total	1000

Grading Scale:

A = 934-1000 93.34- 100%	A- = 900-932 90-93.33%	B+ = 868-899 86.68-89.9%	B = 834-867 83.34-86.67%	B- = 800-833 80-83.33%	C+ = 767-799 76.68-79.9%
C = 734-766 73.34-76.67%	C- = 700-733 70-73.33%	D+ = 668-699 66.68-69.9%	D = 634-667 63.34-66.67%	D- = 600-633 60-63.33%	E = <600 <60%

Tentative Course Schedule:

(Each week includes watching a **recording**, assigned **reading**, a **discussion** board, and an assignment)

Week	Topic
1	Peer Mentoring Program Overview, leadership, communication, counseling, and behavior change, academic success, recap, and assignment
2	Built Environment, nutrition, physical activity, healthy body image, recap, assignment
3	Mental health, substance abuse, crisis management & conflict resolution, "Where to go from here?", recap, assignment, and mentee information/assignments
4	Mentee meetings and Fruved event planning/implementation
5	Mentee meetings and Fruved event planning/implementation
6	Mentee meetings and Fruved event planning/implementation
7	Mentee meetings and Fruved event planning/implementation
8	Mentee meetings and Fruved event planning/implementation
9	Mentee meetings and Fruved event planning/implementation
10	Mentee meetings and Fruved event planning/implementation
11	Mentee meetings and Fruved event planning/implementation
12	Mentee meetings and Fruved event planning/implementation
13	Post Assessments
14	Post Assessments

Service	Location	Phone	Web Site	Services Provided
Carruth Center	390 Birch Street Morgantown, WV	304-293-4431	http://well.wvu.edu/ccpps	Counseling and Psychological Services
Student Health	390 Birch Street Morgantown, WV	304-285-7200	http://wvumedicine.org/hospitals-and-institutes/student-health/	Family Medicine style care
WellWVU	390 Birch Street Morgantown, WV	304-293-WELL (9355)	http://well.wvu.edu	Drugs & Alcohol, Anxiety & Depression, Fitness, Lifestyle, Nutrition, Sexual Assault, Sexual Health, Stress, Relationships, Immunizations

Get Fruved: Students will be asked to create and implement healthy campus events (based on physical activity, diet, stress, and sleep management) to be put on throughout the upcoming year. This will in turn be made into a student organization on campus that students can use for resume building and getting involved. This program is aimed at increasing healthfulness of students and the campus.

WVU Get Fruved Student Participation Contract

Fruved is a community-based participatory research project, partnering with students from our campus community (West Virginia University) to achieve our goals of changing environments, changing behaviors, and changing lives.

As a student partnering with Fruved I, _____, understand that I represent the Fruved project and that my behaviors and attitudes are a reflection of the project as a whole. Throughout my involvement with the project, I agree to always:

- **Behave in a way that reflects the values of the project:** be positive, friendly, polite, punctual, committed, respect confidential information, always utilize project social media in a way that enhances the project
- **Promote an understanding of wellness:** only provide information that you feel comfortable with and ask for help and guidance with subjects and/or topics that you have limited knowledge.
- **Practice an understanding of wellness:** Remember that as a Fruved representative, others will be looking to you and your personal practices of wellness.
- **Conduct myself in a professional manner:** dress appropriately, use program supplies and materials as intended, follow the appropriate chain of communication, and.
- **Be a responsible citizen:** no sexual contact while at Fruved activities, no sexual harassment, no substance use within the program activities, don't break the law
- **Step out of your comfort zone:** ask questions, be creative, and think out of the box
- **Take ownership:** Fruved is a student-led project, and you have a voice in it. Dare to make your voice heard!
- **Dream big and change the world!**

Name (printed): _____

Signature: _____

Date: _____

Researcher Signature: _____