

### What is a Peer Educator?

- Peer educators are undergraduate students who serve as leaders and role models to fellow students regarding living responsibly and healthy lifestyles.
- Peer educators assist with programming and outreach across campus to educate students about relevant issues related to health and wellness that affects our campus community.

The BACCHUS Network identifies 4 major concepts of a Peer Education group:

1. Peer educators make healthier decisions than the general student population.
2. Peer educators are effective in helping others make healthier choices by providing information, challenging incorrect attitudes, confronting unhealthy behavior, and referring students to professional help.
3. Peer educators, because of their own healthy choices and willingness to talk about and role model them with others, help create positive social norms and the foundation of critical mass supporting healthy campus environments.
4. Peer education is student leadership, activism, and service at its best.

Reference: <http://www.bacchusgamma.org/starting-a-peer-group.asp>

### Major Responsibilities

- Serve as a role model to their peers.
- Attend all meetings and training sessions.
- Present to approved student groups on at least four occasions addressing health and wellness issues each academic year.
- Assist in the plan, implementation, and evaluation process of other activities related to health and wellness (e.g., Safe Spring Break event, awareness campaigns, wellness initiatives, outreach).
- Utilize effective listening skills in working with students and effectively respond to peers, encouraging them to take action steps for change.
- Apply motivational interviewing techniques in working with students.
- Demonstrate effective bystander intervention skills.
- Effectively refer students to campus resources related to health and wellness needs.
- Contribute to strategic planning and team development of the peer educator group.

### Requirements

- Be in good academic standing as defined by University policy
- Complete application, obtain 2 recommendation forms, go through interview selection process, and be selected
- Attend peer education trainings (Wednesdays 3pm – 5pm) and workshops
- Complete the Peer Education Certification requirements through the BACCHUS Network
- Hold one (1) office hour each week
- Commit to serving in the Peer Education role for at least one academic year
- Dedicate approximately three (3) hours a week to the Peer Education program

### Benefits

- Gain experience as a group facilitator and educator
- Leadership opportunities and development
- Knowledge and training on current health and wellness topics affecting college students
- Opportunity to earn academic credit
- Become a Certified Peer Educator

### How Do I Become a Peer Educator?

We are looking for a diverse group of students to be a part of this new student organization, Student Health Educators Association (SHEA). This opportunity is open to students in all academic majors.

To be considered for this program, please complete the application and ask two (2) individuals to submit recommendation forms for you. These application materials can be found at [murraystate.edu/pch/SHEA](http://murraystate.edu/pch/SHEA). An interview process will take place every semester to select peer educators.

For questions or inquiries, please contact the Peer Education Faculty Director, Dr. Miranda Terry, at [mterry4@murraystate.edu](mailto:mterry4@murraystate.edu) or 270-809-3839.