

# What does it mean to be a Lifestyles Center Peer Educator?

Lifestyles Center Peer Educators are dynamic students who are ready to make a significant contribution to Oswego State. A Lifestyles Center Peer Educator believes in his/her ability to stimulate personal growth in others as well as themselves and he/she recognizes this talent as vital for a healthier student community. Lifestyles Center Peer Educators participate in the creation and delivery of positive health messaging on campus. They understand that their contribution to the Lifestyles Center will positively affect themselves and the peers they reach.

## Some important things that you should know:

- **Peer Education is an academic class**

Through GST 350, students are eligible for 3 credit hours/semester their first two semesters. This is a career-based internship.

- **You are required to participate in about 8-9 hours/week (120 total) of class-related activities. Here is how it works:**

- **Training**

You will be required to return to school about a week early to participate in a training session. In training you will learn core skills, team building and many fun activities. This training counts toward the required amount of hours.

- **Class**

You will be required to attend class for over the course of the semester. Being in class and actively participating is crucial.

- **Field Work Hours**

Through participation in a task assignment (Toilet Talk, Blog, Outreach, etc.), volunteer work and continuing education (presenting, going to presentations, etc.) throughout the semester, you will compile a specific number of required hours individually assigned to meet your needs and interests. This is approximately three hours (3) per week.

- **Outreach**

Outreach (red wagon) is reaching out to students who are in their own environments such as academic buildings, residence halls, Marano Campus Center, or outside. The weekly outreach topic mirrors what was learned in class the previous week, as well as the blog and Toilet Talk a topics for the week.

## Expectations

Peer Educators are expected to act as a positive role model for the Lifestyles Center and Oswego State at all times. While understanding that all students are human, there is an expectation that Lifestyles Peer Educators are an administrative extension of the Center and are encouraged to maintain a positive and healthy pattern of behavior while enrolled in the

program. In all cases, the instructors reserve the right to lower a grade or dismiss a student from the program based upon a Peer Educator's performance inside and outside of the classroom experience. There is a GPA requirement that all Peer Educators must meet which is approximately a 2.8. We will also check with the Office of Student Conduct to see that each student is judicially compliant. Peer Educators are expected to make a two-semester commitment for the first two semesters they are with the Center. As a first semester Peer Educator, it may be overwhelming to pledge or be an RA and perform all of the requirements asked of you. If after 2 semesters, a Peer Educator wishes to apply to be a Peer Mentor, their GPA must be a 3.0 or higher.

### **What's in it for you?**

- Earn academic credit
- Gain leadership experience that will make you more marketable
- Opportunities to attend regional/national conferences
- National certification as a Peer Educator
- Great community service opportunities
- Have fun...
- Meet new people...
- Make a difference...
- Broaden your horizons.