

# Assessing the Health Education Action Team

**To what extent do students serving as a peer health educator on the Health Education Action Team (HEAT) demonstrate knowledge, skills and confidence related to health and wellness education?**

## Learning Outcome

Students who are Peer Health Educators will discuss accurate information related to health and wellness with their peers.

## Methodology

- Department staff developed an observation rubric consisting of 8 competence aptitudes on a 3-point scale based upon the National Peer Educator Study and BACCHUS Network Certified Peer Educator Training Program.
- The HEAT team supervisor used the observation rubric to directly assess each HEAT team member during a facilitated program once during the spring quarter.
- HEAT team members also used the observation rubric to self-assess their level of competence for the program that was observed.
- Data from the observation rubrics were analyzed by calculating how many aptitude expectations were met or exceeded per student, as well as if there was a difference between student self-reported and observed scores in each aptitude.

## Demographics

- All 6 HEAT team members participated in this assessment.
- 5 participants identified as female and 1 identified as male.
- 5 participants identified as white and 1 identified as Latinx.
- 2 participants were sophomore students, 2 were junior students and 2 were senior students.

## Key Findings

- Observation results indicated all 6 peer health educators (100%) met or exceeded expectations in all 8 aptitudes of competence.
- Out of 48 total aptitudes across all 6 students, expectations were met for 25% of the aptitudes and exceeded for 75% of the aptitudes.
- While staff observations found students to be relatively weakest related to creating a positive learning environment, students self-reported professionalism during programming as their weakest aptitude.
- No participants self-reported a need for improvement in any of the 8 aptitudes of competence.

## Plan of Action

- Revise training to include a roleplay each day with difficult scenarios that might happen while working as a HEAT member
- Collaborate with the Center of Identity, Inclusion and Social Change in order to set up a HEAT orientation workshop on diversity, using inclusive language and being respectful
- Incorporate a follow-up workshop on the application of these skills during the winter quarter
- Expect HEAT team members to do a roleplay activity relevant to the topics covered in each specific quarter throughout the year