

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