SUNY CORSTLAND
HEALTH DEPARTMENT
HEALTH 113-601
PEER HEALTH ADVOCACY: SEX, DRUGS AND THE COLLEGE STUDENT

Course Information:
Credit Hours: 3
Semester/Year: Fall 2005
Location: Van Hoesen Hall, Room B-233

Professor Information:
Instructors: Robyn Forster, M.Ed., Counselor Education; NBCC
Cathy Smith, M.S.Ed., Health Education; CHES
Jodi Lake, Health Promotion Intern
Phone: Robyn, Cathy and Jodi (753-2066)
Office Location: B-1 Van Hoesen Hall
Office Hours: By appointment
E-mail: forsterr@cortland.edu smithc@cortland.edu lake34@cortland.edu

Course Description: Designed to increase students' knowledge and positive leadership skills with regard to the topic areas of alcohol and other drugs, sexuality and decision-making as applied to the college population. The major focus of the course is on peer health advocacy and the development of leadership skills. Open to health majors, only, with exceptions at the discretion of the instructors.

Course Attendance Policy: The active discussions, presentations, guest speakers, and videos that will be part of each class are vital to accomplishing the objectives of this course. Therefore, each student is expected to attend every class. If a student needs to miss class for any reason, s/he must contact one of the instructors prior to the next class. More than one unexcused absence will affect the student’s academic standing in this class.

Evaluation of Student Performance
1) In-Class Participation – 10 points
Each student is expected to participate (speak) during small group work and class discussions to the best of his or her abilities. Everyone in the class is entitled to an atmosphere of civility and mutual respect. Listening with respect for one another will allow the quieter students to feel more comfortable with sharing in class discussion. This atmosphere is essential for the broad participation that is expected by the instructors.
2) Reflection Papers – 20 points

Throughout the semester 10 reflection papers will be due, as designated in the course schedule and activities. The content of each paper should be a personal reflection on the topics of discussion from the prior week’s classes. Each paper should be one page, typed, double-spaced and handed in at the beginning of the class. Late papers will receive a deduction; papers will not be accepted more than one week after they are due.

* Students may attend "Wellness Wednesday" programs in place of writing reflection paper(s) for the week(s) they attend. Attendance sheets for HLH 113 students will be available at each program.

3) Midterm Exam – 20 points

Each student is responsible for the material presented in the assigned readings and from any additional handouts assigned by the instructors. The bulk of the mid-term exam will refer to these readings as well as to material presented in class.

4) Peer Health Advocacy (PHA) Service Project/Presentation/Paper – 50 points

The purpose of these projects is to plan, implement and evaluate prevention strategies which engage students in examining their decisions regarding sexual behavior and alcohol/drug use. A list of potential service projects will be provided by the instructors, and the students will be working on their projects in pairs or small groups of 3. Active involvement in a project means being actively engaged in leading group discussions, writing articles or booklets, setting up speaker schedules, advertising and hosting workshops, sponsoring media campaigns, etc. Each group is expected to plan, implement and evaluate activities/events for each service project area.

Grading of service projects: Even though students will be working in pairs/groups, each student will be graded individually on his/her service project. At the end of the semester, members of each group will anonymously grade each other’s participation in the project by completing a Peer Review Sheet which will be provided. Breakdown for the service project grade is as follows:

- Service Projects – Content, quality, effectiveness, effort  30 points
- Final Group Presentation – Each student in the group must be involved in this oral summary of the service project experience, to be scheduled during the final five classes. 10 points
- Final Group Paper – The process for writing this paper will be decided by each group. All group members must sign the paper, which indicates each person’s endorsement and acceptance of it. 10 points

Course Grading:

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Goals/Objectives of the Course

1) Increase the student’s knowledge and positive leadership skills regarding the topic of alcohol, tobacco, and other drug use and abuse in the college population.

2) Increase the student’s knowledge and positive leadership skills regarding the topic areas of sexual decision making, sexually-transmitted infections (including HIV/AIDS), pregnancy prevention, and date rape.

3) Increase the student’s knowledge concerning the theory and methodology of peer education/prevention models and provide first-hand experiences in the field of college health.

4) Examine and analyze the role of campus norms and perceptions in both sexual activity and substance use/abuse.

5) Examine and analyze the role of self-esteem, family experiences, and the social and cultural environment on the prevalence of high-risk behaviors in the college population.

6) Identify effective change strategies (formal and informal) for the college population on the issues of sexuality and substance use/abuse.

7) Create a catalyst for students to initiate and continue personal involvement in formal change strategies which promote positive health decisions in the college population.

8) Provide students with knowledge and skills in “conversational leadership”, by training them to capitalize on the moments in everyday interaction when they can be “health opinion leaders”. (P. Fabiano, 1995)

Course Schedule and Activities

Tue 8/30  Introduction to HLH 113

Thurs 9/1  Overview: Syllabus and Service Projects
           Brainstorming: “What is peer education?”
           Assignment due: CCPHE (Concepts and Content in Peer Health Education) Ch. 1

Tue 9/6  Attitudes/Opinions: What are they; Where do they come from?
           Influences on Attitudes and Behaviors
           Campus statistics: What’s happening at Cortland?
           Assignment due: Reflection Paper 1

Thurs 9/8  Alcohol: What is a “Problem”?
           Guest: Stephen J. Smith, Senior Counselor, CASAC
           Assignment due: CCPHE Ch. 9
           Service Project Pairs/Groups
Tue 9/13  “One Night Can Have a Lifetime of Consequences”
(Mike Green – video and discussion)  Personal consequences of alcohol abuse
Assignment due: Reflection Paper 2

Thurs 9/15  Processing and Strategizing
Alcohol poisoning - Scott Kreuger – video and discussion
Alcohol issues on campus; Forming action plans
Assignment due: CCPHE Ch. 16

Tue 9/20  Alcoholism and the Family
Guest: Dr. Richard Peagler, Director, Counseling and Student Development
Assignment due: Reflection Paper 3

Thurs 9/22  * Class moved to Wednesday, September 21; 7:30 p.m.
Corey Union Function Room
"One Night" - One night...four friends...alcohol...flirtation...and a conflicting story. Who is telling the truth? An interactive theatre program on acquaintance rape.
Assignment due: Alcohol Service Projects
CCPHE Ch. 14

Tue 9/27  Processing and Strategizing
STDs and HIV; Forming action plans
Assignment due: Reflection Paper 4

Thurs 9/29  The Prevalence of Sexually Transmitted Infections
Guest: Dr. Nancy Sternfeld, College Physician, Student Health Service
Assignment due: CCPHE Ch. 18

Tue 10/4  Experiencing the NAMES Project AIDS Memorial Quilt
*Class will meet in the Corey Union Function Room
Assignment due: Reflection Paper 5

Thurs 10/6  * Class moved to Wednesday, October 5; 7:00 p.m.
Corey Union Exhibition Lounge
“Living with HIV”
The personal story of someone who lives each day with this disease.
Assignment due: CCPHE Ch. 19

Tue 10/11  The reality of HIV/AIDS: Prevalence and Prevention
Assignment due: Reflection Paper 6
STD/HIV Service Projects

Thurs 10/13  MIDTERM EXAM

Tue 10/18  FALL SEMESTER BREAK
Thurs 10/20  Getting High: What is a Drug, Anyway? Overview of other Drugs; Relationships with other Drugs: Self Assessment
Assignment due: CCPHE Ch. 11

Tue 10/25  Processing and Strategizing
Other Psychoactive Drugs; Forming action plans
Assignment due: Reflection Paper 7

Thurs 10/27  * Class moved to Wednesday, October 26; 7 p.m. –
Corey Union Exhibition Lounge
"Sexually Speaking" - Contraception & STD Prevention
Presenter: Mary Dykeman, Jacobus Center for Reproductive Health
Assignment due: CCPHE Ch. 20

Tue 11/1  What's the problem with Club Drugs?
Ecstasy, Methamphetamine, GHB, Rohypnol...
Assignment due: Reflection Paper 8

Thurs 11/3  Getting High: Alternative Highs
Assignment due: Other Psychoactive Drugs Service Projects
CCPHE Ch. 27

Tue 11/8  Tobacco Education and Prevention
Assignment due: Reflection Paper 9

Thurs 11/10  Processing and Strategizing
Tobacco Prevention/Education; Forming action plans
Assignment due: CCPHE Ch. 10

Tue 11/15  Processing and Strategizing
Tobacco Prevention/Education; Implementing action plans
Assignment due: Reflection Paper 10

Thurs 11/17  "The Great American Smoke-Out"
Assignment due: Class Project - Tobacco Prevention Campaign

Tue 11/22  Effective Presentation Skills I
Planning a group presentation

Thurs 11/24  Happy Thanksgiving!

Tue 11/29  Effective Communication Skills: Listening, Reflecting, Presenting
Guest: Dr. Anthony Papalia, Director of Student Development, Emeritus

Thurs 12/1  Effective Presentation Skills II
Planning a group presentation
Tue 12/6     Group Presentations I
Thurs 12/8   Group Presentations II
Tue 12/13    Sex, Drugs and the College Student: Putting It All Together

If you are a student with a disability and wish to request accommodations, please contact the Office of Student Disability Services located in B-1 Van Hoesen Hall or call (607) 753-2066 for an appointment. Information regarding your disability will be treated in a confidential manner. Because many accommodations require early planning, requests for accommodations should be made as early as possible.