



**UNIVERSITY OF THE WEST INDIES  
CAVE HILL CAMPUS  
OFFICE OF STUDENT SERVICES**

<b>COURSE TITLE:</b>	COCR2071 – BASIC PEER HELPING
<b>COURSE CREDIT:</b>	3
<b>COURSE DURATION:</b>	2 HOURS PER WEEK
<b>PREREQUISITES:</b>	NONE
<b>FACILITATOR:</b>	JOMO M. PHILLIPS, MSSW-MFT
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**COURSE DESCRIPTION:**

This course seeks to assist students to develop basic helping skills to aid other students who may be experiencing a problem or a crisis. The course also aims to assist participants to develop skills to be resource persons for other students on campus. The course builds on a three stage model of helping which includes basic relating with others, understanding people's experiences and assisting people to engage in problem solving strategies. The course also aims to support helpers to better be able to appreciate themselves, understand and challenges their own biases as well as become familiar with the potential resources both on and off campus aimed as serving students who maybe experiencing a crisis.

**COURSE CONTENT:**

1. Defining peer helping
2. Self-inventory - what makes me suitable to be a helper
3. Understanding and challenging my own prejudices
4. Basic helping values:
  - Acceptance
  - Empathy
  - Genuiness
  - Confidentiality
5. The basic helping process:
  - Relating
  - Understanding
  - Problem-solving
6. Basic helping skills
7. Common problems experienced by students on campus:
  - Stress
  - Grief and loss

- Substance abuse
  - Depression and anxiety
  - Crises
8. Off and off campus helping resources

### TEACHING METHODOLOGY:

This course will be delivered blended using both face-to-face and online class sessions. Online sessions, with the exception of our final session, will be asynchronous (using online channels without real-time interaction). Asynchronous classes will use short recorded lectures, videos, activities, and assignments. Face-to-face classes are experiential and will usually consist of short lectures, demonstrations, role-play exercises, small group discussions, and paper and pencil exercises. Face-to-face classes will be broadcast via Zoom. An essential responsibility for students is to engage in all class sessions.

### EVALUATION:

Syllabus Quiz	2%
Personal bio & introduction in class forum	2%
Defining Basic Peer Helping exercise	4%
Three FlipGrid grid demonstration videos	12%
Two Online Class Assignments	20%
Mid-Semester Online Test	20%
Reflective Journal	20%
Final Presentation	20%

**NB: This course is graded pass/fail**

### COURSE POLICIES:

1. UWI Email and Neo LMS will be the official means of communication for this course. You will need to ensure that you have regular access to the Internet throughout the semester. Please make sure you are checking Neo LMS and your email accounts regularly for any course-related notifications
2. I invite you to bring questions and challenges you are experiencing with regards to your assignments that are respectfully and thoughtfully posed. These strategies help us all to examine and consider our assumptions and ideas. You are not required to agree with the course lecturer or another student to earn your grade, other than those established as necessary components to develop competency as a Peer Helper

### STUDENT RESPONSIBILITIES:

1. Engage in our face-to-face and online classes; these classes require you to participate.
2. You are responsible for retrieving all class materials, including PowerPoint notes and resources
3. Participate in our face-to-face, online classes, and forums not doing so affects your final grade
4. Engage respectfully with your classmates and lecturer this is a basic expectation for those interested in helping others and UWI students
5. Complete all the required assignments
6. Submit all your assignments promptly. Late assignments will receive a grade deduction of **TWO (2)** points per day beyond the scheduled submission date.

**RECOMMENDED READINGS:**

Nelson-Jones, R. (2008). *Introduction to counselling skills: Text and activities*. London: Sage

Tindall, J.A. (2008). *Peer power, book one: Workbook: Becoming an effective peer helper and conflict mediator*. Florence, KY: Routledge.

**ONLINE RESOURCES:**

Course notes and additional resources will be placed on the NEO Learning Management System.

### COURSE DELIVERY SCHEDULE

<b>Wk</b>	<b>Topics</b>	<b>Activities/Assignment</b>	<b>Deadlines</b>
1 9/16	<b>Online</b> Defining Peer Helping Aims of Peer Helping Stages of the Helping Process	Complete syllabus quiz - <b>2%</b> Add a current picture to your class profile and a short personal bio – you can read mine (this helps us to learn each other’s names in this class), introduce yourself in the class forum, & identify why you chose this particular course & what are you expecting to get from this class experience <b>2%</b> Peer Helping Definition – <b>4%</b>	9/23 @ 9 am 9/23 @ 9 am  9/23 @ 9 am
2 9/23	<b>Face-to-Face</b> The helping relationship My values: explicit		
3 9/30	<b>Face-to-Face</b> My values: implicit Basic helping values The communication process Hearing vs listening		
4 10/07	<b>Online</b> Basic attending skills – verbal & non-verbal Empathic highlighting	Prepare & share your six mins flip grid video – showing you practising basic verbal & non-verbal attending skills & empathic highlighting partializing (see assignment instructions) – <b>4%</b>	10/14 @ 9 am
5 10/14	<b>Online</b> Empathic highlighting cont’d Summarising Partializing	Prepare & share your six mins flip grid video – showing you practising empathic highlighting, summarising, & partializing (see assignment instructions) – <b>4%</b>	10/21 @ 9 am
6 10/21	<b>Face-to-Face</b> Using questions Goal-setting Action steps Reframing Modelling Sharing information Self-disclosing		
7 10/28	<b>Face-to-Face</b> Suicide		
8 11/04	<b>Online</b> Mental Health on Campus	Short Reflection paper – <b>10%</b>	11/11 @ 9 am
9 11/11	<b>Online - Asynchronous</b> Drug & alcohol misuse on Campus	Online discussion – <b>10%</b>	11/18 @ 9 am
10 11/18	<b>No class</b>	Online mid-semester quiz – <b>20%</b>	11/25 @ 9 am
11 11/25	<b>Online</b> Understanding change What is Motivational Interviewing	Prepare & share your six mins flip grid video – showing you practising using MI opening skills or OARS – <b>4%</b>	12/02 @ 9 am

	Motivational Interviewing opening skills - OARS		
12 12/02	<b>Online (Via Zoom)</b> Final Presentations	Final Presentations – <b>20%</b>	In virtual class
12/9	<b>No class</b> Experiential Journals Due	Upload your Reflective Journal – <b>20%</b>	12/9 @ 9 am

**NB Please note the course delivery schedule is subject to change**