

Course Descriptions

MFTS 365: Current Approaches to Peer Assistance* (3 units)

Students taking this course will learn about the practical application of theoretical concepts and empirical data related to student wellness, academic success, adaptation to college and peer counseling. Students will learn about research and theories related to the effectiveness of peer to peer interventions, and the development and evaluation of educational and wellness prevention programs and interventions. Examples of student wellness areas to explore include substance abuse, academic and learning skill development, relationship management, and theories related to college student development, persistence and success.

Students will learn basic counseling skills, (e.g., encouraging, paraphrasing, reflecting, summarizing, confronting), campus and community resources, and skills to apply this knowledge as peer counselors. Students will gain knowledge through textbook readings, peer-reviewed articles, didactic and experiential class activities, class presentations, and role-plays. Ethics and professional standards will also be reviewed. Students' learning and ability to apply knowledge will be evaluated through formal testing, journaling, and videotaped practice sessions. Students currently enrolled in, or who have successfully completed this course will be eligible to apply for peer program positions offered by the university.

MFTS 366: Applied Experience in Peer Assistance** (2 units)

This course is an innovative and collaborative partnership between Academic Affairs and Student Affairs. It will provide peer support and peer counseling for USD students. Track one students will serve as peer advisors for students identified "at-risk" (e.g., students on academic probation, those who have received mid-term deficiency grades, or have been identified through early intervention alert systems; collaboration through the Center for Student Success and Student Wellness). Track two students will provide peer education and support regarding sexual violence (collaboration through the Women's Center and Student Wellness). Undergraduate students selected for this course through an application procedure (MFTS 365 is a prerequisite).

* Students interested in becoming a peer advisor must successfully complete this course or be concurrently enrolled in the course to apply.

** Students selected for the peer advising role (Track 1) will enroll in this course that serves as ongoing supervision and training during the position.