

**HUN 4936**  
**Peer Mentoring for Health**  
**SPRING 2015 - Section 1181**

**Instructor:** Anne Mathews, PhD, RDN  
**Department:** Food Science & Human Nutrition (FSHN)  
**Office:** FSHN Building, Room 303  
**Phone:** 352-392-1991 ext 286  
**Email:** [Anne.mathews@ufl.edu](mailto:Anne.mathews@ufl.edu)  
**Office hours:** Wednesday 2:00-4:00 PM (walk-in) or scheduled via email

**Teaching assistant:** Demi Danso-Odei: [demidanso@ufl.edu](mailto:demidanso@ufl.edu)  
**TA Office hours:** Wednesdays 1-3 PM and Thursdays 3-4 PM  
**Location:** 303 FSHN Building

**Class meeting time:** Online  
**Attendance:** Online weekly at your selected time  
**Location:** Online  
**Credits:** 1

**Course Objective:** To acquire understanding of broad range of health topics (including nutrition, physical activity, and stress management) and fundamentals of peer counseling techniques.

**Student Objectives-** At the end of this course you will be able to:

1. Identify and discuss the health needs and issues for college freshmen.
2. Determine issues college freshmen may encounter.
3. Describe appropriate (factually correct) peer counselor responses to issues college freshmen may encounter.
4. Communicate the appropriate factual information using effective evidence-based approaches.
5. Identify appropriate campus resources for college freshmen success and under what circumstances you should make the referrals.

**This is an online course. You may move through the materials as quickly as you would like IF they become available in advance. Expect to spend approximately 2-3 hours per week on this course.**

Textbook: None. All reading materials are provided online.

**How to Access Blackboard:**

- As our course is being taught concurrently with three other universities (University of Tennessee, West Virginia University, and South Dakota State University) we will all be using Blackboard. (Note, this course will not use Canvas or Sakai.)
- Access to Blackboard: [www.coursesites.com](http://www.coursesites.com)
- Your username/password will be provided by Dr. Mathews or Sarah Dahlman from U.Tennessee

**Online Class Attendance and Demeanor:** Students are expected to set aside 2-3 hours each week to complete course readings and assignments. Students are expected to show courtesy to their classmates, teaching assistant, and instructor by in communication through the online discussion boards, email correspondence and any other form of communication.

Classroom and attendance expectations:

- Students are expected to complete the weekly activities including:
- Watching the recording

- Reading assigned materials
- Passing the assessment quiz with a score of 10 (the assessment can be taken repeatedly as needed to reach a score of 10)
- Read the case study
- Answer the multiple choice case study question (effort only grading- the correct answer is not required to receive credit)
- Engaging in blog discussions (effort only grading- you must make at least one comment in the blog discussion)

**Quizzes/Exams:** There will be 14 assessment quizzes and case study questions during the semester and one final exam. The 14 assessment quizzes will be worth 10 points each and can be retaken as many times as needed to reach a score of 10. A score of 10 is required prior to moving on to the next week's section. There will be 14 case study questions that will each be worth 5 points. The final exam will be comprehensive and worth 100 points.

**The point break-down is as follows:**

Quizzes (14 at 10 points each)	140
IRB Training	40
Contract	10
Pre-Assessment	40
Post-Assessment	40
Case Study Questions (14 at 5 points each)	70
Blog Comments (14 at 5 points each)	70
Final Exam	100
<b>Total possible points</b>	<b>510</b>

**Grading Scale:**

90-100% - A	(≥459)
80-89.9% - B	(408-458.9)
70-79.9% - C	(357-407.9)
60-69.9% - D	(306-356.9)
<60.% - E	(≤305.9)

**Supplementary Information:** Supplementary information, announcements, reminders, sample test questions, and critical thinking exercises will be posted on Blackboard or the class listserv.

**Absences and Make-Up Work**

As students are able to work at their own pace it is less likely that make-up time is needed. If a situation does arise, requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

**Online Course Evaluation Process**

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

## Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: *"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, peer reviews, activity log, etc). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>.

**PLAGIARISM WILL NOT BE TOLERATED!!** In cases of academic dishonesty (cheating or plagiarism of any kind), the instructor has the authority to suspend a student from class, assign a penalty grade of "F" for the course, and report the offense to the Office of Student Conduct for disciplinary action. This may include expulsion from the University.

## Software Use:

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

## Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)

## Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	352-392-1575	<a href="http://www.counseling.ufl.edu/cwc/">www.counseling.ufl.edu/cwc/</a>	<ul style="list-style-type: none"><li>▪ Counseling Services - individual and group</li><li>▪ Outreach and Consultation</li><li>▪ Self-Help Library</li><li>▪ Wellness Coaching</li><li>▪ Drug &amp; Alcohol Support</li><li>▪ Crisis &amp; Emergencies</li></ul>

<b>Service</b>	<b>Location</b>	<b>Phone</b>	<b>Web site</b>	<b>Services provided</b>
Career Resource Center	First Floor J. Wayne Reitz Union	352-392-1601	www.crc.ufl.edu	Career development assistance and counseling

**Other Information:** Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

### **Course Schedule**

(Each week includes watching a **recording**, an assigned **reading**, a **quiz**, a **case study**, and a blog **discussion**)

<b>Week</b>	<b>Topic</b>
1	Peer Mentoring Program Overview and Ethics
2	Nutrition
3	Healthy Body Image
4	Substance Abuse Prevention
5	Physical Activity
6	Built Environment
7	Stress & Time Management
8	Residence Life & Financial Health
9	Academic Success
10	Sexual Health
11	Mental Health
12	Communication, Counseling & Behavior Change
13	Crisis Management & Conflict Resolution
14	Leadership
15	Final Exam