

UH Wellness
FY26BA Professional Development for Peer Education

CPE training is an effective strategy for building a well-educated and sustainable peer education group. CPE Training helps peer educators develop leadership skills to be able to successfully create and implement campus programs. The training includes eight modules, covering the role of peer education, helping peers make a behavior change, listening skills, response and referral skills, how to take action and intervene, recognizing the role of diversity and inclusivity, programming and presentation skills, self-care, and group dynamics. As the students are trained they serve become role models and an upstream health promoting resource, inspiring their peers to live their best lives as an individual and the community.

They will coordinate with the Health Communication Specialist and possibly the new Health Promotion and Peer Education Specialist to plan, develop and implement health and well-being communications through various channels across the campus. The continued development of recruiting and training cougar peer influencers will greatly influence how health and well-being information such as mental health awareness and education, resiliency, life enhancing skills, work/life balance just to name a few is embedded into everyday activities, programs, operations and student organizations on campus building a culture of care. The work done by the peer educators helps UH Wellness lead the efforts in embedding health and wellbeing across the campus.

DSAES Strategic Initiative

- **Increased student engagement**
- **Increased engagement for students at UH Sugar Land**

Base Request	Amount
Training	\$2000
Admin Fee	\$120
Total	\$2,120