Teens Promote Health Awareness

¡VIVA! Peer Tutor Summer Institutes 2005-2007

OBJECTIVES

Summer Institute provides a venue where peer tutors:

- work collaboratively
- form a team for the coming school year
- receive more in-depth training
- have adequate time to develop and produce learning objects and lesson plans
- experience field trips
- participate in outreach activities
- oversee student-centered activities

BACKGROUND

From 2002 – 2004 all ¡VIVA! peer tutor meetings were during lunch & after school. The drawbacks of this were:

- brief training sessions
- limited planning time
- minimal interaction with each other and the project directors
- outreach activities limited to Saturdays

EVALUATION

- Peer tutor focus groups
- Student journals (written and online)
- Online post-event group evaluation discussions (peer tutors and advisors)
- Individual student "event reports" for each outreach activity
- Interviews with the Summer Institute's participating teachers

PERSONNEL

ACTIVITIES

Peer tutors have input selecting themes and topics
Graduate peer tutors direct daily activities

2005 Weekly Themes
Men's Health
Women's Health
Children's Health
Lesson Plans

2006 Weekly Themes
Genetics/Environmental Health
Sports Medicine/Fitness
Teen Health
Peer Power Plus Symposium

Institute Activities 2005 - Present
Guest speakers
Outreach activities
Field trips
Learning objects
Lesson plans
Lessons by library staff and guests

Activities Added in 2006
Lesson plans w/ teacher content advisors
Videoconference
Online symposium

BEST PRACTICES

- Establish a theme for each week
- Invite guest speakers relevant to each theme
- Set a regular schedule and provide a detailed daily & weekly calendar
- Emphasize community outreach and field trips
- Start each day with an ice breaker
- Practice public speaking skills by frequently demonstrating NLM resources
- Engage in feedback and self-reflection
- Teach team building skills
- Develop flexible classroom activities rather than precise lesson plans
- Incorporate technical skills training
- Hire former peer tutors who have completed a year of college for graduate peer tutor positions

OUTCOMES

- Peer tutors reported increased proficiency and confidence in
  - work skills like teamwork, project planning, and project management
  - public speaking
  - interpersonal communication with all age groups (from kindergarten to senior citizen)
- Peer tutors reported increased commitment to helping their communities
- Peer tutors learned about new health careers and about community agencies and health services
- Community members of all ages learned about NLM resources
- Community agencies and health care staff learned about NLM resources

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