

ADVANCED PEER LEADERSHIP TRAINING

**GRADES:** 10-12

**PREREQUISITE:** BASIC PEER CLASS WITH C OR BETTER: TEACHER APPROVAL:  
PARENT PERMISSION

**LENGTH:** ONE SEMESTER (MAY BE REPEATED FOR TWO ADDITIONAL  
SEMESTERS FOR A MAXIMUM OF 15 CREDITS)  
ELECTIVE CREDIT

**SYNOPSIS:**

Students will review and strengthen skills acquired in the Basic Skills class. The students will learn how to assist other peers in resolving personal, social and academic struggles without giving advice. They will learn how to utilize the network of school counselors, administrators, nurses, and community agencies by referring the students to the appropriate resource. They will be effective role models by employing their skills in the areas of human growth and mental health.

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**GRADES:** 10-12

**PREREQUISITE:** Teacher approval; parent permission; application

**TEXT:** Listening with Love; Joan Sturkie  
Peer Counseling Training Course; Joan Sturkie  
Handbook for Counselors; Joan Sturkie  
(teacher edition)

### I. HELPING SKILLS:

- A. Students will demonstrate their knowledge of active listening, "I" messages, reflection of feelings and content, and how to express empathy. This process will be done through objective and practical tests.
- B. Students will demonstrate abilities to use problem solving and decision making strategies through role play demonstrations.
- C. Students will demonstrate their understanding of the importance of the code of ethics and the strict adherence of confidentiality on an essay test.
- D. Students will demonstrate their ability to help others without advising through role play examples.

### II. SELF-AWARENESS

- A. Students will gain greater knowledge of their internal value system and their personality styles through the use of personality inventories and value clarification surveys.
- B. Students will learn how personality factors and individual temperaments affect behaviors and interactions.
- C. Students will identify factors that contribute to improving an individual's self-concept and self-esteem on a multiple choice test.

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### III. AWARENESS OF PERSONAL AND SOCIAL STRUGGLES:

- A. Students will demonstrate an understanding of positive and negative peer pressure on an essay assignment.
- B. Students will demonstrate knowledge of the symptoms as well as the cause and effect of drugs and alcohol abuse on a multiple choice test.
- C. Students will demonstrate their knowledge of the symptoms, causes, and appropriate actions to be taken when faced with a potential for suicide, by means of a multiple choice test.
- D. Students will demonstrate knowledge of the stages of grief and appropriate methods of offering support for an individual grieving.
- E. Students will demonstrate their ability to help others, and themselves, in making a responsible and mature decision for social interactions on an essay.
- F. Students will demonstrate their ability to identify the symptoms of various forms of child abuse and take appropriate methods for reporting these suspicions to the school officials on an essay exam.
- G. Students will demonstrate an understanding of how to function in a responsible manner in the family milieu, and how to accept responsibility for their own actions on an essay evaluation.

ADOPTED BY THE BOARD OF EDUCATION June 20, 1991