

STATE UNIVERSITY OF NEW YORK  
COLLEGE OF TECHNOLOGY  
CANTON, NEW YORK



## MASTER SYLLABUS

### PSYC 296 – Peer Support for Health and Wellness

**CIP Code: 42.2810 Health Psychology**

For assistance determining CIP Code, please refer to this webpage

<https://nces.ed.gov/ipeds/cipcode/browse.aspx?y=55>

or reach out to Sarah Todd at [todds@canton.edu](mailto:todds@canton.edu)

**Created by: Barat Wolfe, PhD**

**School: Business and Liberal Arts  
Department: Applied Psychology  
Implementation Semester/Year: Spring 2025**

A. TITLE: Peer Support for Health and Wellness

B. COURSE NUMBER: PSYC 296

C. CREDIT HOURS (Hours of Lecture, Laboratory, Recitation, Tutorial, Activity):

# Credit Hours per Week	1
# Lecture Hours per Week	
# Lab Hours per Week	
Other per Week	

D. WRITING INTENSIVE COURSE:

Yes	
No	X

E. GER CATEGORY: N/A

Does course satisfy a GER category(ies)? If so, please select all that apply.

[1-2] Communication	
[3] Diversity: Equity, Inclusion & Social Justice	
[4] Mathematics & Quantitative Reasoning	
[5] Natural Science & Scientific Reasoning	
[6] Humanities	
[7] Social Sciences	
[8] Arts	
[9] US History & Civic Engagement	
[10] World History & Global Awareness	
[11] World Languages	

F. SEMESTER(S) OFFERED:

Fall	
Spring	
Fall and Spring	X

G. COURSE DESCRIPTION:

In this course, students will explore the core knowledge and skills needed to provide peer support to improve quality of life and promote holistic wellness, including: health and wellness, health communication, health literacy basics, characteristics, competencies, and resources that impact health and wellness, the peer role in health and wellness, and how to create and join a learning collaborative for health and wellness promotion. This course is designed to develop and support individuals interested in becoming peer staff for support agencies.

H. PRE-REQUISITES: none  
CO-REQUISITES:

I. STUDENT LEARNING OUTCOMES:

Course Student Learning Outcome [SLO]	Program Student Learning Outcome [PSLO]	GER	ISLO & Subsets
a. Examine health and wellness in the peer community and review how peer support can help people improve their quality of life and promote holistic wellness	1		5
b. Explore the skills needed to engage others to explore and discuss health strengths, needs, concerns, challenges, or barriers related to accessing healthcare and following up on health care routines	1		5
c. Review health literacy concepts and identify how peer support can help people improve their health literacy	1		5
d. Outline strategies and the core competencies for addressing the numerous barriers people face that often impact their overall health and wellness	1		5
e. Describe the role of advocacy in health and wellness promotion; shared decision making; tools for communicating with providers and knowledge of the 6 physical health dimensions	1		5
f. Define, recognize, and identify the steps necessary to create and join a learning collaborative	1		5

KEY	<u>Institutional Student Learning Outcomes</u> <u>[ISLO 1 – 5]</u>
ISLO #	ISLO & Subsets
1	<b>Communication Skills</b> Oral [O], Written [W]
2	<b>Critical Thinking</b> <i>Critical Analysis [CA], Inquiry &amp; Analysis [IA], Problem Solving [PS]</i>
3	<b>Foundational Skills</b> <i>Information Management [IM], Quantitative Lit, /Reasoning [QTR]</i>
4	<b>Social Responsibility</b> <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i>
5	<b>Industry, Professional, Discipline Specific Knowledge and Skills</b>

J. APPLIED LEARNING COMPONENT:

Yes	X
No	

If yes, select [X] one or more of the following categories:

Classroom / Lab	X	Community Service	
Internship		Civic Engagement	
Clinical Practicum		Creative Works/Senior Project	
Practicum		Research	
Service Learning		Entrepreneurship [program, class, project]	

K. TEXTS:

Academy of Peer Services. (2024). Learner Manual: Health and Wellness Promotion Specialization Track. Funded by the New York State Office of Mental Health.

L. REFERENCES: [academyofpeerservices.org](https://academyofpeerservices.org)

M. EQUIPMENT:

N. GRADING METHOD: P/F

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

APS designed modules

P. DETAILED COURSE OUTLINE:

- A. Health and wellness
- B. Health communication
- C. Health literacy basics
- D. Characteristics, competencies, and resources
- E. Peer role in health and wellness
- F. Learning collaborative for health and wellness promotion

Q. LABORATORY OUTLINE: