

WOW 101 Peer mentor training plan

Topic: WOW rep training on physical activity and mental health

Aim:

The aim of this session is to train people to become WOW reps and be able to effectively fulfil their role in their society.

Intended Learning Outcomes

By the end of the session, mentees will be able to

1. To have an increased awareness of mental health, the treatment gap and how physical activity can be used as an alternative treatment
2. To have an understanding of the principle of Graded Progression and how you should apply this appropriately to your sport/ activity
3. To implement a mentoring scheme and know their role in providing services to support beginners and students struggling with mental health

Preparatory task(s) before the session		Have been elected to be their society's WOW rep	
Time (mins)	Mentor/Leader Activities	Student Activities	Aids/Resources
5 mins	Introduce an open conversation about the students existing knowledge about mental health Introduce questionnaire activity	Express their views and experiences in an open conversation Fill out the questionnaire	Prompts on different areas of mental health e.g different types of mental health problems Questionnaire on what student's already know about mental health
15 mins	Informing the students of the background to mental health, the treatment gap and the barriers to receiving care and participating in physical activity	Students can offer their opinions on topics discussed	The background to mental health handout
15 mins	Informing the students on the predominant warning signs of mental health problems, mental health at University and utilising physical activity	Students can offer and discuss their opinions and thoughts on the data provided	Continue to use the background to mental health handout
15 mins	Session leader to explain the concept of Graded Progression, why it is successful, the benefits and how it can be delivered	WOW reps fill in blank GP blank pyramid with relevant skills for their respective sport	Graded Progression handout (with example) Graded Progression handout (blank pyramid)

5-10 mins	Session leader to explain the reflection stage of the pyramid in more detail, overview of why this is important for student development	WOW reps discuss in pairs how they would best encourage students to reflect on which skills they feel most and least confident on and how to develop an action plan for improvement	Graded Progression handout (with example)
10 mins	Session leader should explain how to make sports clubs more accessible to beginners through the introduction of a mentoring scheme and the use of both the website and social media.	WOW reps must work in small groups to discuss ideas for the content of the welcome email and the different ways of promoting mental health support on social media.	Roles and Responsibilities handout
10 mins	Session leader will explain how to operate the tracking and feedback system to get beginners more involved in sports clubs and the way we help students with different cultures to better fit into club life.	WOW reps take turns discussing their own experiences of the sports club and the impact of cultural differences in club life.	Roles and Responsibilities handout
Consolidation tasks following the session		<ul style="list-style-type: none"> - Further research the topics discussed and share the information with fellow committee members - Learn more about different cultures and recruit experienced club members for the mentoring scheme. 	