March 9th, 2021

Dear Peer Educators,

On behalf of the Peer Learning and Teaching Others (PLaTO) team within the Division of Academic Enhancement, we are excited for you to join us for the first Peer Education Student-Led Conference.

The purpose of this conference is to foster a community of Peer Educators at the University of Georgia who dedicate their time and energy to helping fellow students. This conference is unique in several aspects. Most significantly, our sessions are presented by current Peer Educators at UGA who are excited to showcase their experience and knowledge. I hope you take this time to grow and learn from each other. We want you to leave the conference feeling like you are a part of this wonderful peer education community!

Our hope is that, in the future, we are able to open this conference up to other institutions to give their Peer Educators this incredible opportunity. In this program, you will find various Zoom links to each session you choose to attend. Should you have any questions during the conference, please do not hesitate to reach out to myself or other members of the PLaTO team.

We wish you a productive and enjoyable conference experience!

Cordially,
Sarah Cramer
Coordinator of Peer Education
Welcome from Coordinator

Instructions for Training Requirement

Conference Session Schedule

Speaker Biographies

Zoom Support

Abstracts

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Schedule

Day 1: Wednesday / March 24th, 2021

9:10 a.m. - 9:40 a.m.
   Session 1

10:20 a.m. - 10:50 a.m.
   Session 2

11:30 a.m. - 12:00 p.m.
   Session 3

12:40 p.m. - 1:10 p.m.
   Session 4

1:50 p.m. - 2:20 p.m.
   Session 5

3:00 p.m. - 3:30 p.m.
   Session 6

4:10 p.m. - 4:40 p.m.
   Keynote Session

   Chase Hagood, Director

Day 2: Thursday / March 25th, 2021

9:35 a.m. - 10:05 a.m.
   Session 7

10:15 a.m. - 10:45 a.m.
   Session 8

11:10 a.m. - 11:40 a.m.
   Session 9

11:50 a.m. - 12:20 p.m.
   Session 10

12:45 p.m. - 1:15 p.m.
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12:45 p.m. - 1:15 p.m.
   Session 12

1:25 p.m. - 1:55 p.m.
   Session 13

2:20 p.m. - 2:50 p.m.
   Session 14

3:00 p.m. - 3:30 p.m.
   Session 15

3:55 p.m. - 4:25 p.m.
   Session 16

4:35 p.m. - 5:05 p.m.
   Session 17

5:30 p.m. - 6:00 p.m.
   Session 18

6:10 p.m. - 6:40 p.m.
   Session 19
Instructions for Training Requirement

All PLaTO Peer Educators
(Peer Tutors, Peer Allies, PLAleaders, & PLAdawgs) must attend 5 conference sessions.

PLaTO Peer Educators
who are presenting must only attend 3 conference sessions.

It is a requirement of your job as a Peer Educator that you attend your assigned minimum number of sessions. If you are a paid PLaTO Peer Educator, to be paid for your 5 hours of required training, you must attend your required minimum of sessions. PLaTO staff will take attendance at each presentation to keep record for training and payroll purposes.

You do not need to clock in or submit extra hours, your time will be automatically added to your timesheet. You are welcome to attend more than your required minimum.

You must sign up for the conference sessions you plan to attend by Tuesday, March 23rd. Sign up to attend conference sessions HERE.
<table>
<thead>
<tr>
<th>Session 1</th>
<th>9:10am-9:40am</th>
<th>Maelyn Ehrman</th>
<th>Meaningful Answers Require Meaningful Questions</th>
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<tr>
<th>Session 2</th>
<th>10:20am-10:50am</th>
<th>Julia Mun</th>
<th>Between the Lines: Working with ESL Students</th>
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<tr>
<th>Session 3</th>
<th>11:30am-12:00pm</th>
<th>Hrishi Mungula</th>
<th>How To Test From A Person Who Could Not Test?</th>
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<tr>
<th>Session 4</th>
<th>12:40pm-1:10pm</th>
<th>Allen Moore</th>
<th>Utilizing and Promoting Metacognition in Peer Education</th>
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<td>BeWell Peer Educators</td>
<td>Leading Difficult Dialogues: Strategies for Engaging Peers On Sensitive Topics</td>
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<tr>
<th>Session 5</th>
<th>1:50pm-2:20pm</th>
<th>Lydia Smith</th>
<th>How to Be Kind to Yourself</th>
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<tr>
<th>Session 6</th>
<th>3:00pm-3:30pm</th>
<th>Xena Mansoura</th>
<th>Nature vs. Nurture: How Does Our Classroom Environment Affect Student Success?</th>
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<th>Keynote Session</th>
<th>4:10pm-4:40pm</th>
<th>Katie Rubino</th>
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<tr>
<th>Session 6</th>
<th>3:00pm-3:30pm</th>
<th>Kara Kanuse</th>
<th>Learning All Things MBTI On The Fly!</th>
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<th>4:10pm-4:40pm</th>
<th>Chase Hagood</th>
<th>Welcome and Introductory Remarks</th>
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## SESSION SCHEDULE

| Session 7  | 9:35am-10:05am | Claudia Wooten | Keys to Success: Time Management & Goal Setting  
[https://us02web.zoom.us/j/879-06599070](https://us02web.zoom.us/j/879-06599070)  
Meeting ID: 879 0659 9070 |
|------------|----------------|----------------|--------------------------------------------------------------------------------------------------|
| Session 8  | 10:15am-10:45am | Johna Massaquoi | The Connection Between the Enneagram and Peer Education  
[https://zoom.us/j/9797592667](https://zoom.us/j/9797592667)  
Meeting ID: 979 7592 667 |
| Session 9  | 11:10am-11:40am | Jaquarius Raglin | Intersectionality in Education  
[https://zoom.us/j/91866454741](https://zoom.us/j/91866454741)  
Meeting ID: 918 6645 4741 |
| Session 10 | 11:50am-12:20pm | Samantha Underwood | How to Shake Off that Extra Weight of Stress  
[https://zoom.us/j/95412880200](https://zoom.us/j/95412880200)  
Meeting ID: 954 1288 0200 |
| Session 11 | 12:45pm-1:15pm | Pravalika Irukulla | Don't Have Time?  
[https://uga.zoom.us/s/95253889584?pwd=aElZbhYrYkkPJeNVWg3QyZGRXZz09#success](https://uga.zoom.us/s/95253889584?pwd=aElZbhYrYkkPJeNVWg3QyZGRXZz09#success)  
Meeting ID: 952 5388 9584  
Password: PLA_Conf |
| Session 12 | 1:25pm-1:55pm | Tara Anastasoff | Organization Skill in the Digital Age  
[https://zoom.us/j/99942330136](https://zoom.us/j/99942330136)  
Meeting ID: 999 4233 0136 |
| Session 13 | 2:20pm-2:50pm | Madison San Nicholas | Guidance and Compassion: The Dual Role of a Peer Educator  
[https://zoom.us/j/99559403479](https://zoom.us/j/99559403479)  
Meeting ID: 995 5940 3479 |
|            |                 | Kevin Nwogu     | A Zoom Meeting...But Make it Fun!  
[https://zoom.us/j/92436686365](https://zoom.us/j/92436686365)  
Meeting ID: 924 3668 6365 |
|            |                 | Peer Nutrition Educators | Redefining Effective Virtual Education – Experiences Learned by UGA’s Peer Nutrition Educators  
[https://uga.zoom.us/j/94018022670?pwd=CFrUnVz3UNGbEa5WFdNckVxdUSUZz09](https://uga.zoom.us/j/94018022670?pwd=CFrUnVz3UNGbEa5WFdNckVxdUSUZz09)  
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|            |                 | Elizabeth Best  | A Psycholinguistic Approach to Peer Learning  
[https://zoom.us/j/93185562142](https://zoom.us/j/93185562142)  
Meeting ID: 931 8556 2142 |
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<th>Name</th>
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<tr>
<td>Session 14</td>
<td>3:00pm-3:30pm</td>
<td>Sam Norton</td>
<td>Navigating Peer Referrals for Trans, Non-Binary, and Gender Non-Conforming Students</td>
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<td>Bita Jadali</td>
<td>Not Everything is Black and White</td>
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<td>Nicholas Akin</td>
<td>Teaching to Various Learning Styles</td>
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<td>Abigail Tisler</td>
<td>Study Smarter, Not Harder</td>
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<td>Michael Wolfman</td>
<td>Climate Change: How Peer Educators Can Help Create a Positive Classroom Environment</td>
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<td>Roary Mavetz</td>
<td>Zoom Presenting and Engagement</td>
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<td>Joseph Benken</td>
<td>It's All About the Team!</td>
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Find more detailed information about each presentation by viewing the abstracts on Page 9!
NICKY AKIN
Nicky is a 3rd year Computer Science major at the University of Georgia enrolled in the double dawgs program for a masters in Artificial Intelligence.

TARA ANASTASOFF
Tara is a public relations student with two minors in fashion merchandising and design & media. She loves film photography, writing, and staying organized!

JOSEPH BENKEN
Joseph Benken is a 3rd year studying international business and business management from Lilburn, Georgia

KARA KANUSE
Kara is a third year Management Major with an emphasis in Human Resource Analytics from Berkley Massachusetts.

ELIZABETH BEST
Elizabeth Best is a 3rd year at UGA studying Psychology and Spanish working as a Spanish Lead Tutor with the DAE.

MAEYLN EHRMAN
Maelyn is a fifth-year design student and Lead Math Tutor at UGA. As a tutor, she has worked to hone various strategies for effective communication with all types of students.

PEER EDUCATORS
Peer Mentors Emily Hicks, Katie Hamilton, and Tina Diep involved with the Safer Sex, BeYou, and RSVP programs will be presenting on this topic

PRAVALIKA IRUKULLA
Pravalika is a third-year Biological Engineering major pursuing a certificate in Informatics. As a PLADawg, she has gained experience in time management and organizational skills.

BITA JADALI
Bita is a third-year biology major and is currently serving as a PLA for BCBM 3100. She has also served as a Reacting to the Past peer mentor.

XENA MANSOURA
Xena obtained her B.S. in Biochemistry and Molecular Biology and a Minor in Philosophy in May 2020. She is currently a teaching assistant and assistant researcher and hopes to continue her studies to develop a career in academia.
JOHNA MASSAQUOI
Johna is a third year accounting major getting a certificate in legal studies and has been serving as a peer educator for 2 years. She has been researching and using the Enneagram in her relationships for the past 4 years.

ROARY MAVETZ
Roary Mavetz is a fourth year environmental engineering major and 2nd year lead tutor for the DAE.

ALLEN MOORE
Allen is a first-year graduate student studying Quantitative Methodology and a new Lead Tutor. His interest in educational psychology led him to want to research metacognition and its benefits.

JULIA MUN
Julia is a fourth-year Art History and International Affairs student. She has tutored undergraduate writing and French for three years and has served as a Lead Tutor for two years.

HRISHI MUNAGALA
Hrishi is a third-year Finance major and has been serving as a writing tutor at UGA for only one semester. He has gained leadership skills and education strategies by being the first year director for a non profit called Global Brigades.

SAM NORTON
Sam (They/Them) is an Accounting, International Business, and Japanese Minor student. They tutor a wide variety of principles business courses and plans on pursuing a master’s in accounting advisory.

KEVIN NWOGU
Kevin is a third-year management major and student affairs minor and has been serving as a Peer Leader and Peer Ally since Fall 2020. He has gained experience in leading effective, but fun zoom meetings in his role as an Orientation Leader.

PEER NUTRITION EDUCATORS
Peer Nutrition Educators Julia Lance, Flannery Daughtry, Alejandra Delgado, Dominique Miller, & Neil Maclang will be presenting on this topic.

JAQUARIUS K. RAGLIN
Jaquarius is a 3rd Year double majoring in Biology and Intended Health Promotion (Pre-Med) with a minor in African American Studies from Thomaston, GA.

KATIE RUBINO
Katie is a third-year mathematics major. She has been a Lead Tutor with UGA’s PLaTO program since Fall 2020 and has been a Peer Tutor since Spring 2019.
MADISON SAN NICHOLAS
Madison is a fourth-year Genetics major and has been providing peer education as an academic tutor at UGA for three years.

ABIGAIL TISLER
Abigail is fourth-year Genetics major and has been serving as a lead tutor for at UGA for two years.

MICHAEL WOLFMAN
Michael is a third-year Honors student pursuing a dual M.A./B.A. in Linguistics, a B.A. in Classics and a minor in Italian.

LYDIA SMITH
Lydia is a third-year Psychology major. She has gained experience with self-care from the lens of counseling and teaching in her curriculum and from personal experience as a student leader.

SAMANTHA UNDERWOOD
Samantha is a junior, studying biological sciences. She is lead tutor for anthropology, biochemistry, microbiology, and physics. She has learned how to deal with stress being a pre-medical student.

CLAUDIA WOOTEN
Claudia Wooten is a Fourth year studying Political Science and International Affairs with a minor in Leadership in Student Affairs, from Cartersville, GA.
BEFORE THE CONFERENCE
- Practice on Zoom if you are unfamiliar with the software.
- Test your camera and microphone.

DURING THE CONFERENCE
- Mute your microphone when you are not speaking to decrease background noises.
- Be mindful of background noises when your microphone is not muted.
- If there is a high potential for background noises, it is recommended that you use headphones with a built-in microphone.
- Place your camera in a stable position to avoid excessive camera movement.
- Limit potential background distractions to other participants.
- Be mindful of the lighting around you. More light makes for better video quality on Zoom.
- To increase engagement, use the video function when available.
- Be mindful that the session may be recorded.
- If you need to interrupt without talking over someone, the Chat panel is available as is the Raise Your Hand option in the Participant panel (in discussion rooms only).
- If you share your screen, be mindful of other applications that you may have open. It is preferable to avoid sharing your whole screen.
- Once the session is over, ensure that you have completely disconnected from the meeting before beginning any other tasks.

ADDITIONAL RESOURCES
Zoom Help Center  Zoom FAQ  Settings and Controls

NEED ZOOM HELP?
Zoom support available on Friday and Saturday mornings from 10–11 AM EDT at zoom.us/my/godawgs227
**Teaching to Various Learning Styles**

*Nicky Akin – Lead Tutor*

My presentation will show educators how to target specific learning styles of students. It will also demonstrate what to do to target all/when the situation comes when a learning style can not be specifically taught.

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**Organization Skills in the Digital Age**

*Tara Anastasoff – Peer Ally*

Working from home has caused everyone to rethink how they structure their time and plan out their daily schedules. It is easy to feel burnt out and overwhelmed, but you can learn how to use your phone and computer to stay on top of your work!

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**Team Time! Theory and Advice on how to develop your team to the best of their abilities**

*Joseph Benken – PLAleader*

The promotion of personal growth and development is a core competency of leadership and professionalism. Students are unable to properly lead others until they know their own leadership style. This presentation will allow them to explore their own capabilities and know how to present those to their teammates.

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**A Psycholinguistic Approach to Peer Learning - Communication is Key**

*Elizabeth Best – Lead Tutor*

The language we use in our day to day lives has a profound effect on how we perceive the world and how the world perceives us. In peer tutoring, effective use of language and gestures is key to a successful meeting. In this session, I will discuss how being aware and adjusting language to fit a student’s learning style can drastically improve learning as well as offering some potential suggestions on what language can be received better or worse.
Abstracts

**Leading Difficult Dialogues: Strategies For Engaging Peers On Sensitive Topics**  
*BeWell Peer Educators*

In this panel presentation, we will explore tangible strategies peer educators can employ when engaging with their peers around sensitive topics. In addition to identifying best practices for navigating difficult dialogue, we will also showcase specific activities we utilize in our campus presentations to engage our peers in health education conversations.

**Meaningful Answers Require Meaningful Questions**  
*Maelyn Ehrman – Lead Tutor*

In this presentation, we will discuss probing questions with a focus on how they relate to, and can be used as a tool to increase the effectiveness of communication. Along the way, we will share strategies for identifying, formulating, and utilizing probing questions in conversation as a method of forming optimal peer-education environments. Participants should hope to take away a better understanding of probing questions and their importance in creating effective, communicative learning environments.

**Don’t Have Time?**  
*Pravalika Irukulla – PLAdawg*

In this presentation, I will share about time management and organizational skills when it comes to balancing academics with extra-curriculars. It is important to carefully manage your time and keep yourself organized so that you can explore new ideas and not have to worry about missing out on anything. This session will focus on various time management and organization techniques that will help educators improve their skills as well as help their students.

**Not Everything is Black and White**  
*Bita Jadali – PLAdawg*

In this presentation, we will discuss faculty–peer educator interactions, specifically how to best express one’s anxiety or uncertainties with faculty members. This session will focus on the importance of keeping an open and sincere dialogue with faculty which will in turn foster a better learning environment for students. Different approaches to different situations will be explored to illustrate how genuinely sharing your insecurities can be helpful and relieving in certain situations.
Abstracts

Learn All Things MBTI On The Fly!
*Kara Kanuse – PLAleader*

Do you love all things personality types? Do you not even know what that means? Whether you find yourself in either of those categories or somewhere in between, stop by my session to learn more about your personality type! We will be deep diving into the MBTI or Myers Briggs Type Indicator test and even having y'all take a quiz to find out your type!

The Connection Between the Enneagram and Peer Education
*Johna Massaquoi – PLAleader*

In this presentation, we will discuss the Enneagram and how it can be used to improve performance as a peer educator. The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions. Support for better relationships and communication is a focus of the system, because discovering the “lens” through which we view the world is the first step in our comprehending how others may experience the world differently.

Nature vs Nurture: How does our classroom environment affect student success?
*Xena Mansoura – Lead Tutor*

In this presentation, we discuss the role and affect that classroom environment has on student success, and how it affects student question-asking. Classroom environment includes direct, verbal teacher-student communication, non-verbal teacher-student communication such as body language, facial expression, tone, classroom set up and layout, and student-student interaction and leadership. We seek to understand the extent to which positive classroom environment has on student success.

Zooming With Style: How to Effectively Present in a Remote Setting
*Roary Mavetz – Lead Tutor*

Virtual presenting has come to the forefront our lives due to the Covid 19 pandemic. However, there is a learning curve to effectively promoting engagement in virtual settings. The primary purpose of this is to teach strategies based on research and personal experience.
Abstracts

**Utilizing and Promoting Metacognition in Peer Education**  
*Allen Moore – Lead Tutor*

In this presentation, we will discuss the concept of metacognition, what it means, and how it can be effectively used in peer education. Metacognition, generally regarded as “thinking about one’s thinking”, refers to a series of tools and practices that students can employ to monitor and evaluate their own cognitive processes. This session will focus on describing the processes involved in metacognition, its benefits, and ways to promote metacognition in one’s own peer education environment.

**How to Test from a Person who Could Not Test?**  
*Hrishi Munagala – Peer Tutor*

In this presentation, we will talk about test taking strategies, specifically how it can improve anyone’s confidence and success in professional fields. The strategies would include assessing point weightage, educated guessing, and how to time tests. This session will focus on the importance of test taking strategies and its significance in the professional environment.

**Between the Lines: Working With ESL Students**  
*Julia Mun – Lead Tutor*

This presentation will address different tutoring practices that can be effective for overcoming language barriers in peer education. Ranging from establishing weekly schedules to reading nonverbal cues, there are multiple ways to help ESL students not only gain a stronger grasp on the academic material, but also feel comfortable using a new language. Peer tutoring can essentially be a positive conduit for learning nuanced communication skills and enhancing language proficiencies.

**Navigating Campus Referrals for Trans, Non-Binary, and Gender Non-Conforming Students**  
*Sam Norton – Peer Tutor*

Today, many students are hindered from fellow student engagement. As members of the DAE, we represent UGA on a larger level than ever before. As such, many trans, non-binary, and gender non-conforming students may also be developing their identities, and thus, rely on students like you to help point them to campus resources. This session aims at identifying those resources as well as help to guide peers on how to best develop these relationships in a safe and positive way.
Abstracts

A Zoom Meeting...But Make It Fun!
*Kevin Nwogu – PLAleader*

We've all been in that zoom meeting where only one person is talking and half of the attendees have their camera off. It's even worse when you're the host, right? In this presentation, we will share tangible skills and tricks to facilitate an engaging meeting via Zoom. You should expect to leave this session with plenty of ideas to incorporate fun and active participation in your next zoom meeting!

Redefining Effective Virtual Education - Experiences Learned by UGA’s Peer Nutrition Educators
*Peer Nutrition Educators*

The University of Georgia’s (UGA) Peer Nutrition Educators (PNE’s) discuss the challenges of effective virtual nutrition education, and their strategies to engage their audiences on virtual platforms. The PNE’s intend to support and inspire other peer educators that are using virtual platforms as a form of their education methods.

Intersectionality in Education
*Jaquarius K. Raglin – PLAleader*

Intersectionality is a term that, in summation, is the acknowledgement of unique experiences and being cognizant that said unique experiences effect individuals differently and sometimes inequitably. This presentation plans to serve as both a reminder and a learning aid to help us all move toward equitable learning and cognition especially for those who teach and interact with minorities.

Positively Helpful
*Katie Rubino – Lead Tutor*

In this presentation, we will discuss the benefits and impact of a positive peer educator attitude on students, peer educators, and the quality of their interactions. This will also include defining what a positive attitude entails, discussing the dangers of toxic positivity and how to avoid it, analyzing concrete examples and non-examples of a positive peer educator attitude, and providing information on how to apply this for yourself.
Abstracts

Guidance and Compassion: The Dual Role of a Peer Educator
Madison San Nicolas – Lead Tutor

This presentation is intended to provide helpful information for navigating the emotional side of peer education to ensure we are fostering a well-rounded and supportive environment for the students we help. This involves practicing compassion towards our peers and setting emotional boundaries alongside our academic boundaries. We will explore the key aspects of practicing compassion, understanding, empathy, kindness, and validation, and cover examples of when and what kind of emotional support is appropriate.

How to Be Kind to Yourself
Lydia Smith – Peer Ally

Two in three adults have experienced increased stress over the course of the last year. Simultaneously, self-care and mindfulness tactics have taken over popular culture and are gaining popularity amongst educators and students alike. However, many view self-care as synonymous with expensive spa days, elaborate meditation practices, or time-consuming journaling activities. In this presentation, we will learn more about why self-care is key, what benefits it has, and how we can engage in meaningful and practical self-care techniques as peer-educators.

Study Smarter Not Harder
Abigail Tisler – Lead Tutor

In this presentation, students will learn how to form better learning habits and adopt new study techniques. The learning habits covered include the Study Cycle and Focused Study Sessions, adapted from Frank Christ’s PLRS system by the LSU Center for Academic Success. In addition, the presentation will discuss several evidence-based study techniques, such as spaced repetition.

How to Shake that Extra Weight of Stress
Samantha Underwood – Lead Tutor

During this session, stress and its impact on peer educator performance will be discussed, as well as several physical and mental strategies to reduce stress. The physical strategies that will be discussed include: exercising, eating healthy, and getting enough sleep. The mental strategies that will be discussed include: staying organized, not worrying about outcomes, and setting realistic expectations. The session will focus on reducing stress in order to optimize peer education.
### Climate Change: How Peer-Educators Can Help Create a Positive Classroom Climate

*Micheal Wolfman – PLAreactor*

Classroom climate is a critical factor in fostering student development. Research places classroom climate on a continuum, ranging from explicitly marginalizing (extremely exclusive) to explicitly centralizing (maximally inclusive). In this presentation, we aim to define classroom climate, to illustrate its effect on student development, to explore four areas—(1) stereotypes, (2) tone, (3) content, and (4) faculty-student and student-student interactions—and to demonstrate how we, as peer educators, can help create a positive classroom climate, even virtually.

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### Keys to Success: Time Management & Goal Setting

*Claudia Wooten – Peer Ally*

In this presentation, we will share advice and knowledge about creating healthy routines, through time management, and how to create healthy goals. The time management portion will include learning how to optimize your hours in a day, while also making time for personal growth and development, as well as FUN! Goal setting will focus on healthy goals through the technique of SMART goals.
2021 Peer Education Student-Led Conference Team
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