

The SUCCESS Peer Mentoring Program for College Students with Concussion: Preliminary Results of a Mobile Technology Delivered Intervention

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Table S1. SUCCESS Mentor Training Outlines

SUCCESS Mentor Training Part 1 – Mentoring and Program Training Outline	
<i>Introduction and Overview</i>	<ol style="list-style-type: none"> 1. Introduction <ol style="list-style-type: none"> a. Overview of the SUCCESS Peer Mentor Training b. Completing this Training 2. What is SUCCESS? <ol style="list-style-type: none"> a. Why Peer Mentoring? b. What is the SUCCESS program? <ol style="list-style-type: none"> i. Concussion basics ii. Return to Learn 1 – Advocacy and Accommodations iii. Return to Learn 2 – Strategies and Resources iv. Return to Life 3. Meet the SUCCESS Team 4. Why Peer Support (video) 5. Peer Mentoring Relationships and Roles 6. Knowledge Check 1: SUCCESS and Peer Support (closed-ended questions) 7. Program Component Overview 8. Dos and Don'ts for Peer Mentors 9. Ethical Peer Mentoring 10. Knowledge Check 2: The Role of Peer Support (closed-ended questions) 11. Create Your Mentoring Profile <ol style="list-style-type: none"> a. About You (open and closed-ended questions) b. About Your Experience with Concussion (open and closed-ended questions) c. Self-Reflection: Why Do You Want to be a Peer Mentor? (open-ended question)
<i>Unit 1: Understanding Concussion</i>	<ol style="list-style-type: none"> 1. What is a Concussion Anyway? 2. Concussion Recovery 3. Concussion Symptoms 4. Before You Had One, What Did You Know About Concussion? (video) 5. Self-Reflection 1.1: Your Concussion Knowledge Experience (open-ended questions) 6. What Does a Concussion Mean for College? (video) 7. Concussion and College (video) 8. Self-Reflection 1.2: Your Challenges (open-ended questions) 9. Strategies to Recover and Be Successful in School (video) 10. Self-Reflection 1.3: Your Strategies (open-ended questions)

<hr/> Unit 2: Understanding Peer Coping	<hr/> 1. Why are Peer Mentors Important for Coping? (video) 2. Coping and Stress 3. Emotion-Focused Coping 4. Problem-Focused Coping 5. What is Empathy? (video) 6. Knowledge Check 2.1: What Role Does Empathy Play in Peer Coping? (closed-ended questions) 7. Self-Reflection 2.1: Your Coping Strategies (open-ended questions) 8. Applying Emotion and Problem-Focused Coping (video) 9. Self-Reflection 2.2: Your Coping Needs (open-ended questions) 10. Self-Reflection 2.3: Your Coping Experience (open-ended questions)
<hr/> Unit 3: Building Communication Skills	<hr/> 1. Effective Communication Skills (video; open-ended question) 2. Active Listening 3. Communication Skills: The OARS Model of Communication <ul style="list-style-type: none"> a. O = Open Questions b. A = Affirmations c. R = Reflective Listening d. S = Summarizing 4. Scenario 3.1: Active Listening and OARS (open and closed-ended questions) 5. Scenario 3.2: Active Listening and OARS (open and closed-ended questions) 6. Scenario 3.3: Active Listening and OARS (open and closed-ended questions) 7. Scenario 3.4: Active Listening and OARS (open and closed-ended questions) 8. Self-Reflection 3.1: Effective Communication
<hr/> Unit 4: Encouraging Self- Advocacy and Finding Resources	<hr/> 1. What is Self-Advocacy and Why Does it Matter? (video) 2. Being a Proactive Self-Advocate 3. Communicating Needs 4. Communicating Needs with I-Statements 5. Campus Resources and Student Rights 6. Self-Reflection 4.1: Your Self-Advocacy Experience (open and closed-ended questions) 7. Knowledge Check 4.1: Self-Advocacy Skills (open and closed-ended questions)
<hr/> Unit 5: Using Your Team	<hr/> 1. Finding Balance in Peer Mentoring 2. Being Part of the Team 3. Knowledge Check 5.1: Being Part of the Team (open and closed-ended questions) 4. Promoting Healthy Behaviors and Choices <hr/>

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5. Knowledge Check 5.2: Promoting Healthy Behaviors and Choices (video; open and closed-ended questions)
 6. Recognizing Red Flags and Warning Signs
 7. Warning Signs – What to Look For
 8. Recognizing Warning Signs
 9. What to do with Warning Signs – Yellow Flag Action Plan
 10. What to do with Warning Signs – Red Flag Action Plan
 11. Responding to Warning Signs
 12. Knowledge Check 5.3: Reacting to Warning Signs (open and closed-ended questions)
 13. Knowledge Check 5.4: Reacting to Warning Signs (open and closed-ended questions)
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*Thank You and
Next Steps*

SUCCESS Mentor Training Part 2 – Program and App Training Outline

*Introduction and
Purpose*

*Unit 1: Overview of
the SUCCESS
Mentoring App*

1. Getting to Know the SUCCESS App
 - a. Getting Started: Setting Up Your Profile (video)
 - b. Technology Check 1.1 (closed-ended question)
 2. About Matching with a Mentee
 3. Exploring Other Features of the App (video)
 4. Your “Me” Page (video)
 5. Getting to Know Your Mentee (video)
 6. Knowledge Check 1.1: You’ve Been Matched (closed-ended questions)
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*Unit 2: Getting to
Know the SUCCESS
Learning Resources*

1. The SUCCESS Learning Resources
 2. Learning Resource Topics
 3. Knowledge Check 2.1 (closed-ended questions)
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*Unit 3: Connecting
with Your Mentee*

1. Mentoring Your Mentee: A Quick Guide
 2. Meeting Your Mentee
 3. Using the App to “Meet” Your Mentee (video)
 4. Interacting in the App (video)
 5. Logging Meetings (video)
 6. The SUCCESS Web Portal (video)
 7. Communication Tips
 - a. First Meeting
 - b. Subsequent Meetings
 8. Mentor Communication Tips
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	9. Closing Out the Mentor and Mentee Relationship 10. Phases of the Mentoring Relationship 11. Connecting Outside of SUCCESS 12. Knowledge Check 3.1 (closed-ended questions)
<i>Unit 4: Contacting Us</i>	1. When to Reach Out to the SUCCESS Team 2. Contacting Us 3. Knowledge Check 4.1 (closed-ended questions)
<i>Unit 5: Readiness for SUCCESS</i>	1. Readiness for SUCCESS (open and closed-ended questions)
<i>Final Comments and Thank You</i>	

Figure S1. Summary of SUCCESS Infographic Educational Handouts.



All handouts are available for download at: <http://www.peersuccess.org/education.html>