

INTRODUCTION TO MICROMODULE

Peer support groups online

Outcomes:

After studying this module, students are able to:

- To understand the significance and benefits of peer support groups online
- To understand how online platforms have expanded the reach and accessibility of peer support
- To understand how to set up an online peer support group
- To understand how to structure and design online peer support groups for maximum engagement and participation
- To learn tips on setting online group norms, creating a safe space, and establishing clear objectives
- To understand ethical considerations in online peer support groups

Participants:

- Finnish Students: Major in Social Service at Savonia University of Applied Sciences
- Vietnamese Students: Major in Education Support for the Disabled at Hanoi National University of Education

Course Duration:

- Credits: 0.5 ECTS (13.5-hour workload)
- The micromodule has four (4) themes and each theme has a learning task (a total of four)

Materials

- Report related to peer support groups online
- Videos
- Websites

Assessment:

- Formal assessment: writing a short paper, mind map, video

Contents:*1. Importance of peer support*

Activity: Reading and writing a short paper

2. Setting up an online peer support group

Activity: Reading and creating a mind map

3. Running an online peer support group

Activity: Reading and a video filming

4. Ethical issues in an online peer support group

Activity: Reading and reflection

Prerequisites:

- No prerequisites required

Please read the provided instructions carefully to get the necessary information you need to complete the micromodule.



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