
Information about Online Peer Support Specialist Training

We have been successful in creating an online training environment that supports effective learning and we look forward to sharing the online training format with you. Please familiarize yourself with the following requirements if you are interested in attending one of our upcoming online trainings.

Training Format

The entire 40-hour training will take place live online via Zoom. The [dates and times of upcoming online trainings are posted on our website here](#). There will be a daily 45 minute lunch break and several 15 minute breaks throughout each day. You will need to be present and participating on camera for all 40 hours of training.

Online Training Requirements

- **COMPUTER WITH WEBCAM:** You must use a computer with a webcam for the entire training. Tablets and Chromebooks have limitations to the features of Zoom and using a laptop or desktop computer is strongly recommended. You can **NOT** use a smartphone or iPad to participate in the training.
- **HIGH SPEED INTERNET:** You must have access to reliable high-speed internet for the whole training. You can check your internet speed by going to www.google.com and typing 'internet speed test' in the search bar. Then click the blue RUN SPEED TEST BUTTON. It is recommended for your internet speed to be at least 25 Mbps for downloads and 3 Mbps for uploads in order to use Zoom effectively.
- **QUIET LOCATION:** You must have access to a quiet, private location where you can participate in the training without distractions. It is *not* recommended to attend the training from a shared room or office space where other people will be coming and going. Ensure you will be seated in a quiet, private place where your computer can be plugged in and you can remain seated upright and comfortable for the whole day. You will need to actively participate in the training on camera without distractions or background noise.
- **CHILDCARE:** If you have children, it is strongly recommended that you have childcare and a backup plan to minimize distractions during training and ensure you attend 100% of the training.
- **ATTENDANCE:** You must attend the training in full and participate on camera for the entire training. Please address any scheduling conflicts ahead of time. Driving or multitasking while in training is not permitted.

Required Tech Check

You must attend an online tech check to ensure you are set up correctly to participate in an online training. You will receive a link to participate in the tech check via Zoom after you are accepted into the training. Please plan to attend the tech check from the same location you will be in during the training using the same computer you will be using during the training. Please plan to be on camera in a quiet, private location that has a strong internet connection. You cannot use your cell phone to attend the tech check or the training.

Please read the training guide and application instructions at www.idahopeersupport.com/training if you are interested in attending an upcoming online training. Thank you!