



### **Peer Mentoring**

#### **What is peer mentoring?**

Student volunteers (peer mentors) provide one-to-one support to new students

This help them progress with their studies and settle into university life.

It improves the student experience for mentees and mentors

#### **Why peer mentoring?**

Our Student Peer Mentoring Scheme is well established successful scheme. Since 2010-11 over 240 trained student volunteers have supported in excess of 250 student mentees.

The student volunteer peer mentors to enhance their employability skills and personal development.

The scheme is accredited by the Mentoring & Befriending Foundation.

#### **Could I volunteer to be a Peer Mentor?**

As long as you have completed 1 year of study at the University of Bolton, and there are spaces on the scheme, you will be able to apply.

#### **What skills are required to be a Peer Mentor?**

You will already have acquired a wide range of skills as a student which will help you to support other students. If you consider yourself to be friendly, positive, motivated, non-judgemental and patient, you will be a great asset to the scheme!

We just ask our volunteers to be prepared to commit time and energy for the initial training, maintain regular contact, attend meetings with the Peer Mentoring Co-ordinator when requested and engage fully with the scheme.

Full training and support will be given to all the peer mentors. You will receive accredited training before being assigned to a student.

### **What type of advice/support could a Peer Mentor offer?**

Helping students settle into university life, being someone friendly to talk to and sharing their experiences of studying at the University.

### **What are the benefits of having a Peer Mentor?**

Students who were mentored in previous years commented that that they had developed; study skills, self-confidence, self-awareness, communication skills, time management skills and much more as a result of mentoring support.

### **How much time do mentees and mentors spend together?**

It's flexible! The maximum amount of time that you would spend with your mentee would be up to 1 hour per week and you would meet on the University's premises, as per the mentoring schemes guidelines. It is a joint decision, between your mentee and yourself if your meetings are to be held; weekly, fortnightly or monthly. However, in the first instance mentees may request weekly meetings and then, when they are more confident, they may suggest that you support them fortnightly or even on a monthly basis. The scheme is flexible but it is important that the mentee's needs are met.

### **What do Peer Mentors NOT deal with?**

Peer Mentors do not proof-read your work or do your coursework/assignments for you. There are boundaries within the mentoring relationship and these will be discussed when you meet with your SLO.

### **Can any student register for support on the Peer Mentoring Scheme?**

The Peer Mentoring Scheme continues to focus on helping new students who require assistance in their first year of study. However, the scheme is also available to continuing students who feel they could benefit from peer support.

### **How do I join the Peer Mentoring Scheme?**

Look at the links to further information in the Related Links section on the LEAP Online Peer Mentoring page.

Access LEAP Online at: [www.bolton.ac.uk/leaponline](http://www.bolton.ac.uk/leaponline)