



## STU Peer Mentoring Program Mentee Information 2018-19

### What is the STU Peer Mentoring Program?

The STU Peer Mentoring Program aims to help first-year students feel supported throughout their time as students at St. Thomas University. The program aims to help students:

- manage stress and maintain a sense of well-being
- develop meaningful connections with other STU students, staff, and faculty members
- feel a sense of belonging on campus
- receive accurate and timely academic support
- increase awareness and use of support services available on campus

### How does it work?

Upper- year students will be selected and trained to participate as mentors in the program. First-year students will be paired with 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> year student mentors. There will be a **Kick-Off** event on Friday, September 14<sup>th</sup>, 2:30 pm-4:30 pm. Mentors and mentees will meet regularly through the academic year to touch base, talk about any challenges or questions, and build connections. We will have a wrap-up event in April 2019 to celebrate our time together.

### How do I get involved?

Please visit [www.stu.ca/peermentor](http://www.stu.ca/peermentor) to register by Friday, September 15<sup>th</sup>, 2017.

### Contact Details

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