



STU Peer Mentoring Program 2019-2020

Mentee Information

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 2nd, 3rd or 4th year student mentors. Mentors and mentees will meet regularly through the academic year to touch base, talk about any challenges or questions, and build connections.

How do I get involved?

Please visit www.stu.ca/peermentoring to register by Tuesday, September 10th, 2019.

Contact Details

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