



STU Peer Mentoring Program 2019-2020

Mentor Position Description

We're looking for second, third and fourth-year students who are studying at St. Thomas University to act as peer mentors to STUdents currently in their first year. Mentors will receive training and support from staff in the Student Services Office.

What is the STU Peer Mentoring Program?

The STU Peer Mentoring Program aims to help first-year students to make a smooth transition to university life, and to feel supported throughout their time as students. 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
- increase awareness and use of support services available on campus

Mentor Qualifications

- Be a second, third or fourth-year student at St. Thomas University
- Be in good academic standing
- Demonstrated initiative, self-direction, motivation and enthusiasm
- Understanding of and sensitivity towards people of diverse backgrounds
- Strong problem-solving skills
- Respect of confidentiality and sensitive information
- Openness to feedback and to self-improvement
- General knowledge of campus resources preferred

Role of Mentors

1. Conduct one-on-one meetings with program participants (mentees)
 - Build a positive rapport with mentees
 - Find out what the students' goals are with participating in the program
 - Discuss the mentee's experiences at St. Thomas University so far
 - Refer students to appropriate support services or involvement opportunities
 - Identify best ways to communicate, frequency of meetings, etc.
2. Follow-up with program participants, provide ongoing support
 - Meet with student mentees on an ongoing basis – meet at least once per week
 - Review progress towards goals

- Support students in problem-solving if difficulties arise
- Attend at least one social event and one academic skill development workshop with the student mentee.

3. At all times, maintain a strong helping relationship

- Cultivate the self-confidence of program participants
- Assist students in developing a network of support
- Assist with diffusing stressful experiences by referring to campus resources
- Support students in feeling a sense of belonging in the University and Fredericton communities

4. General expectations of mentors:

- Operate within the limitations of a peer helping model
- Refer students to support services on campus when appropriate
- Attend pre-service and ongoing training opportunities
- Check-in regularly with the Peer Mentor Coordinator
- Stay informed about important information and events relevant to the mentees (by reading communication materials from the program and other resources)

Training

A **mandatory** pre-service training will be provided to all STU peer mentors on either Friday, September 5th from 2:30 pm-4:00 pm or Monday September 8th 8:30am-10am. For more information, please email the Experiential Learning Office <experientialoffice@stu.ca>

Training will include:

- Understanding first year student needs
- Information about support services available on campus
- Program information and resource details
- Active listening skill development and practice

Time Commitment

Mentors will need to commit between 4 - 9 hours per month to their mentorship role. This is primarily time that will be spent with mentees.

Application Procedures

Please complete the online application at www.stu.ca/peermentoring by Monday, August 26th. Selected applicants will be contacted for an interview.

Benefits of Being a Peer Mentor

- Meaningful professional development experience
- Training in active listening, effective communications and referral skills
- An opportunity to give back to your STU community

2019-2020 Program Timeline for Mentors

August	Mentor recruitment info sent to 2 nd , 3 rd & 4 th year students at STU through Residence Life, Welcome Week and Communications
August 26th (Monday)	Mentor application deadline
September 2 nd - 6 th	Mentor Interviews
September 9th (Monday 9am- 10am)	Mentor training (mandatory)
September 13 th (Friday - 2:30- 4:00)	Program (Mentor and Mentee) Kick-Off Event (mandatory)
October	Halloween social event
December	Christmas social

Contact Details

Fabiana Rosado
Peer Mentor Program Student Coordinator
(506) 460-0300 peermentors@stu.ca