

Disability Resource Centre

Mentoring: A Quick Guide

What is Mentoring?

Mentoring is a partnership between two people (mentor and mentee) that focuses on helping a student to manage their own learning in order to realise their full potential. The relationship is based upon mutual trust and respect.

Think about your mentor as a guide who can help you find your way through the transition into University, the journey through your degree and preparation for life beyond University. Each student uses the mentoring in their own individual way and this is encouraged. Further information about how this happens can be found below.

What does a Mentor do?

The Mentor will contact you and request a good time for you to meet so that you can get to know each other and decide if you would like to work together. This first meeting provides an opportunity to talk about how mentoring might be of assistance to you. Your Mentor will tell you about the work they do and ask you to tell them about your background and experiences prior to coming to University. This will help you both to agree what you would like to focus on in the sessions. Some of the things you may talk about are:

- How and when you will contact each other
- Where you will meet
- The number of hours you have been allocated and how you will use them
- Your new environment and any concerns you may have
- Relationships and making friends
- University life and its demands
- How you will manage your academic workload
- Planning a work schedule
- Practical things like time management, organisation etc
- How past experiences in a learning environment have helped or hindered your progress
- How you will manage personal things such as washing, shopping etc
- How to cope with anxiety
- How your week has been
- Who else is available to help you e.g. the Counselling Service, Student Advisory Service



What will I need to do?

- Before you attend the first session it will be helpful for you to think about the things you might need help with, and write them down to take with you.
- It might be helpful to ask somebody who knows you well to give you some suggestions or help.
- Ensure you attend sessions on time and give the Mentor at least 24 hours' notice if you cannot attend
- Talk to your Mentor or your Disability Adviser if you don't feel the mentoring is meeting your needs

Keeping Records

At the end of each term your Mentor will invite you to feedback on your experience of the sessions and how they are going. Together you will complete a short account of your progress and this will be sent to the DRC. You will be able to say what you do or don't want to appear on this form.

Confidentiality

Each meeting with your Mentor is confidential and personal issues will not be recorded. However, if your Mentor becomes concerned about your health and safety, or the health and safety of others, they may need to inform the DRC. Your Mentor will always tell you that they are doing this and it is because the University has a duty of care to all students.

