Mentoring: A Quick Guide

What is Mentoring?
Mentoring is a partnership between two people (mentor and mentee) that focuses on supporting a student to overcome the disability-related barriers to their learning and time at University. The relationship is based upon mutual trust and respect.

Students can meet with their Mentor for up to an hour per week during term time (and postgraduate students can meet with their Mentor throughout the academic year). Students use support from their mentor with transition into University life, with the journey through their degree, and preparation for life beyond University. Each student uses the mentoring in their own individual way and this is encouraged.

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 as much as you would like to share about yourself and experiences in education. 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 or use the sessions for include:

- Your University environment and any concerns you may have
- University life and its demands
- How you will manage your academic workload
- Planning a work schedule
- Practical things like time management and organisation
- Setting goals
- Socialising and friendships
- How past experiences in a learning environment have helped or hindered your progress
- How you are managing self-care and daily tasks
- How to cope with stress and anxiety
- How your week has been
- Who else is available to support you e.g. the Counselling Service, Student Advisory Service

In a first session, you may also talk about:

- How you and your Mentor will contact each other
- Where you will meet

Updated March 2023
- The number of hours you have been allocated and how you will use them

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 support with, and write them down to take with you
- Ensure you attend sessions on time and give the Mentor at least 24 hours’ notice if you cannot attend
- Promptly confirm timesheets of booked mentoring sessions. You will receive email reminders from the timesheet and support system, Connect
- 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 complete together a review of your experience of the sessions and how they are going. This will be seen by staff at the ADRC. 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 ADRC so that this information can be passed to people who can support you. Your Mentor will always tell you that they are doing this if it occurs.