

New Student Peer Mentoring Program: New Students

New students in the New Student Peer Mentoring Program (NSPMP) will meet with both mentors and other first-year students as they transition into their first year of university. New students will also gain valuable skills during monthly meetings that are geared towards first-year students and their success in university. These sessions include but are not limited to topics such as goal setting, campus resources, effective study strategies, and maintaining balance.

As a new student in the NSPMP, you will...

- Build a mentoring relationship with an upper-year student at the U of M and have access to drop-in mentoring/coaching services
- Learn skills that will contribute to your success in university
- Practice setting goals for your personal growth and learning
- Gain awareness of resources and support services on campus
- Participate in monthly social events where you can meet new people and make friends
- Reflect on experiences and personal growth for application in your future

Additional benefits:

- Connect with a community of first-year students
- Become informed about events and programs on campus
- Get Co-Curricular Record (CCR) Recognition for your contributions

CCR recognition is provided to new students who fulfil the required program commitments outlined below

Development Focus:

- Self-awareness & personal strengths
- Resilience and confidence
- Problem solving
- Interpersonal communication



Required Time Commitment (September 2020 - April 2021)

- Program Kick-Off – Friday, September 18, 2020 (5:30–7:30pm)
- Regular one-to-one meetings with your mentor (minimum two hours per term) – mutually scheduled by the mentor and new student
- Monthly New Student Workshops - Thursdays, 4-6pm or 6-8pm
 - September 24, October 15, November 19, No meeting in December, January 14, February 11, March 11, No meeting in April
- At least one social event per term with your peers – dates announced at the program kick-off
- Year-end program evaluation

Requirements / Eligibility:

- Undergraduate student in any faculty/program starting at the U of M in either the Summer 2020 (May 2020) or Fall 2020 term (September 2020)
 - Students starting in Winter 2021, please contact the Student Life team at peermentor@umanitoba.ca for more information
- Registered (or intending to register) for U of M classes in Fall 2020 and Winter 2021 terms
- Available for all of the program requirements listed above to allow for full participation in the program
 - Note: students who wish to receive some of these services but who cannot participate fully should contact the Student Life team at peermentor@umanitoba.ca

APPLY BY AUGUST 28, 2020:

<https://www.umanitoba.ca/student-supports/get-involved/nspmp-new-student-app>