

# New Student Peer Mentoring Program: Peer Helpers

**Peer Helpers** in the New Student Peer Mentoring Program (NSPMP) will work with Student Life to support new students as they transition into their first year of university. Peer Helpers will meet with new students one-to-one on a drop-in basis during weekly office hours, assist with the development of NSPMP logistics and event planning, and help with the facilitation of first-year programming. Through this program, Peer Helpers will aid in the successful integration of new first-year students into the university campus community.

**NOTE:** Being a Peer Helper is an intensive volunteer experience that requires previous mentoring experience and 80+ hours/per academic year. If this doesn't sound like the right fit for you, please consider the **Peer Mentor** position.

As a Peer Helper, you will...

- Build and contribute to a first-year student community (your peer cohort) at the U of M
- Practice active listening during weekly office hours when mentoring new students' on a drop-in basis and making effective referrals to on-campus services
- Assist Student Life staff with the planning and hosting of social events, and the facilitation of monthly meetings for new students in the program
- Model student engagement and success, and support your peers in developing / refining strategies for success
- Participate in ongoing reflection and personal development during monthly meetings as part of a community of Peer Helpers and Peer Mentors

## Additional benefits:

- Make a difference in new students' experience at university
- Build transferrable skills that will help you in the future
- Make connections on campus and with your peers
- Get Co-Curricular Record (CCR) recognition for the program

*CCR recognition is provided to Peer Helpers who fulfil the required program commitments outlined below*

## Development Focus:

- Group facilitation skills
- Leading/Coordination skills
- Planning & organizing skills
- Interpersonal & helping skills
- Verbal & non-verbal communication skills
- Self-awareness & personal strengths



## Required Time Commitment (September 2020 - April 2021)

- Initial online training sessions
  - Day 1 - Peer Helpers & Peer Mentors together (you will be able to choose one of the following options):
    - Option one (full day): Tuesday, September 1, 10:00am – 4:00 PM *or*
    - Option two (half days): Wednesday, September 2, 6:00pm – 8:30pm AND Thursday September 3, 6:00pm – 8:30pm
  - Day 2 (Peer-Helper specific training): Thursday, September 10, 6:00pm – 9:00pm
- Program Kick-Off – Friday, September 18, 2019 (5:30-7:30pm)
- Weekly office hours (one hour per week, scheduled during office hours based on availability)
- One New Student Workshop per month – 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
- Monthly Professional Development (PD) Meetings - Thursdays, 4-6pm or 6-8pm
  - September 17, October 22, November 26, No meeting in December, January 21, February 25, March 18, No meeting in April
- Monthly Peer-Helper Planning Meetings - one hour, scheduled based on group availability
- One social event per month (approx. two hours) - dates to be decided in the first Peer-Helper Planning Meeting
- Year-end program evaluation

**Requirements / Eligibility to be a Peer Helper:**

- Current undergraduate student at the U of M – Fort Garry Campus (in any faculty/program)
- Minimum two years of study at the U of M
- Completion of at least 36 credit hours prior to Summer 2020
- Strong academic background (GPA 3.0; exceptions may be made on a case-by-case basis)
- Returning as a full-time student for both the Fall 2020 and Winter 2021 terms (minimum of 9 credit hours per term)
- In good conduct standing based on the [University of Manitoba's Behavioural Policies](#)
- Previous experience in a mentoring role preferred, other leadership/peer helping experience may be considered
- Available for all program requirements listed above to allow for full participation in the program

**Selection Process**

Submit an application by date. Eligible applicants will be contacted for an interview with the Student Life team.

**APPLY BY AUGUST 4<sup>TH</sup>, 2020.**

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