

# New Student Peer Mentoring Program: Peer Mentors

**Peer Mentors** 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 Mentors will lead new students in open and reflective discussions, engage in social activities, and provide information and referrals to on-campus services as necessary. Through this program, Peer Mentors will aid in the successful integration of new students into the university campus community.

As a Peer Mentor, you will...

- Be paired with up to two new first-year students (your peers) at the U of M
- Build and contribute to a mentoring relationship with your peers by meeting regularly to discuss & share experiences, and to foster their reflection and goal setting
- Model student engagement and success, and support your peers in developing / refining strategies for success
- Practice active listening and provide referrals to campus resources as necessary
- Participate in personal reflection and development as part of a community of Peer Mentors and Peer Helpers

## Additional benefits:

- Build transferrable skills that will help you in the future
- Make connections on campus and with your peers
- Get Co-Curricular Record (CCR) recognition  
*CCR recognition is provided to peer mentors who fulfil the required program commitments outlined below*

## Development Focus:

- Interpersonal & helping skills
- Verbal & non-verbal communication skills
- Self-awareness & personal strengths



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

- Initial online training session (you will be able to choose one of the following options):
  - Option one (full day): Tuesday, Sept 1, 10:00am – 4:00 PM *or*
  - Option two (half days): Wednesday, Sept 2, 6:00pm – 8:30pm AND Thursday Sept 3, 6:00pm – 8:30pm
- Program Kick-Off – Friday, Sept 18, 2019 (5:30-7:30pm)
- Regular one-to-one meetings with new students (four hours per term) – mutually scheduled by the mentor and new student(s)
- Monthly Professional Development Meetings - Thursdays, 4-6 pm or 6-8pm
  - Sept 17, Oct 22, Nov 26, No meeting in Dec, Jan 21, Feb 25, Mar 18, No meeting in Apr
- At least one social event per term (approx. two hours) - dates announced at kick-off
- Year-end program evaluation

## Requirements / Eligibility to be a Peer Mentor:

- Current undergraduate student at the U of M – Fort Garry Campus (in any faculty/program)
- Minimum one year of study at the U of M
- Completion of at least 18 credit hours prior to Summer 2020
- Strong academic background (GPA 3.0; exceptions may be made on a case-by-case basis)
- In good conduct standing based on the [University of Manitoba's Behavioural Policies](#)
- Returning as a full-time student for both the Fall 2020 and Winter 2021 terms (minimum of 9 credit hours per term)
- Available for the 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-mentor-app>