

# Peer Mentoring

Provide a helping hand to every student who is about to embark on a new and exciting chapter of their life

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Are you keen to add value to your University experience? **Why not try mentoring and support your fellow students with their wellbeing?** Not only is this a great opportunity for you to engage further with your peers, it's also an excellent addition to your CV. The central peer mentoring programme has now evolved into two strands: The Faculty offer will comprise of course-specific peer assisted learning, and the central offer will centre on a 'wellbeing influencers' scheme. We will be appointing students for both schemes during the summer months and the roles will be publicised on all relevant University platforms. However, if you are keen to find out about activities you can support with right now, please contact us directly at [peermentors@liverpool.ac.uk](mailto:peermentors@liverpool.ac.uk).

### So, mentoring - what is it?

The Wellbeing Influencers will sit within Student Success which is part of the University's Careers and Employability team, whilst all peer assisted learning activity will be Faculty led. The previous mentoring programme was an excellent opportunity for cross collaboration and the Student Success Team have initiated a peer mentor community of practice whereby mentoring plans are discussed with colleagues across the wider University. The vision is to instil a culture that ensures every student always has a friendly face to go to.

### More about the Wellbeing Influencer role and embedding a sense of belonging to every student's experience...

Wellbeing Influencers will undertake training so you can support students with a wide variety of areas. You will play an integral role in ensuring a sense of belonging is embedded into every student experience, and to decrease feelings of isolation. As Professor Liz Thomas wrote in the final report from the 'What Works? Student Retention & Success programme', this should be a high priority for all programmes, departments and institutions.

*'...based on evidence from across seven higher education institutions of all types a significant minority of students consider withdrawing, and thus improving student belonging should be a priority for all programmes, departments and institutions. ...students who think about leaving are more likely to do so than those who have not considered withdrawing' (Thomas, 2012).*

### What can you expect from our wellbeing influencers? How can you reach out to one?

Previously, mentors were available via Handshake to answer any queries, and we will look to use the same platform for our influencers. However, they will have a wider reach and will support with various social media channels across the University, as well as continuing to provide useful resources on wellbeing.

### Want to hear more about wellbeing?

You can also watch our full suite of [Peer Mentors Recommend sessions](#) at a time that is convenient for you. Here, our previous cohort of mentors cover everything from books, podcasts and recipes, to tips on useful ways to work from home.

### University of Liverpool Wellbeing Influencers stand for diversity, equality and inclusion...

Now, more than ever, we need to come together as a community to support one another and represent every student voice at the University. When we consider a sense of belonging, it is essential to ensure all activities exemplify a diverse, equal and inclusive approach. This is, of course, integral to all University activity but as a Wellbeing Influencers you will play a major role in sharing this message with other students. During our recruitment process, and through all mentor events, we will reach out to students who are underrepresented so that our cohort embodies every student voice. We will ensure that every student is aware of the mentor support that is available to them through continually reaching out to all University societies during the

recruitment process, and by sharing all Peer Mentor events on as many platforms as we possibly can.

### We can always learn more! Please get in touch...

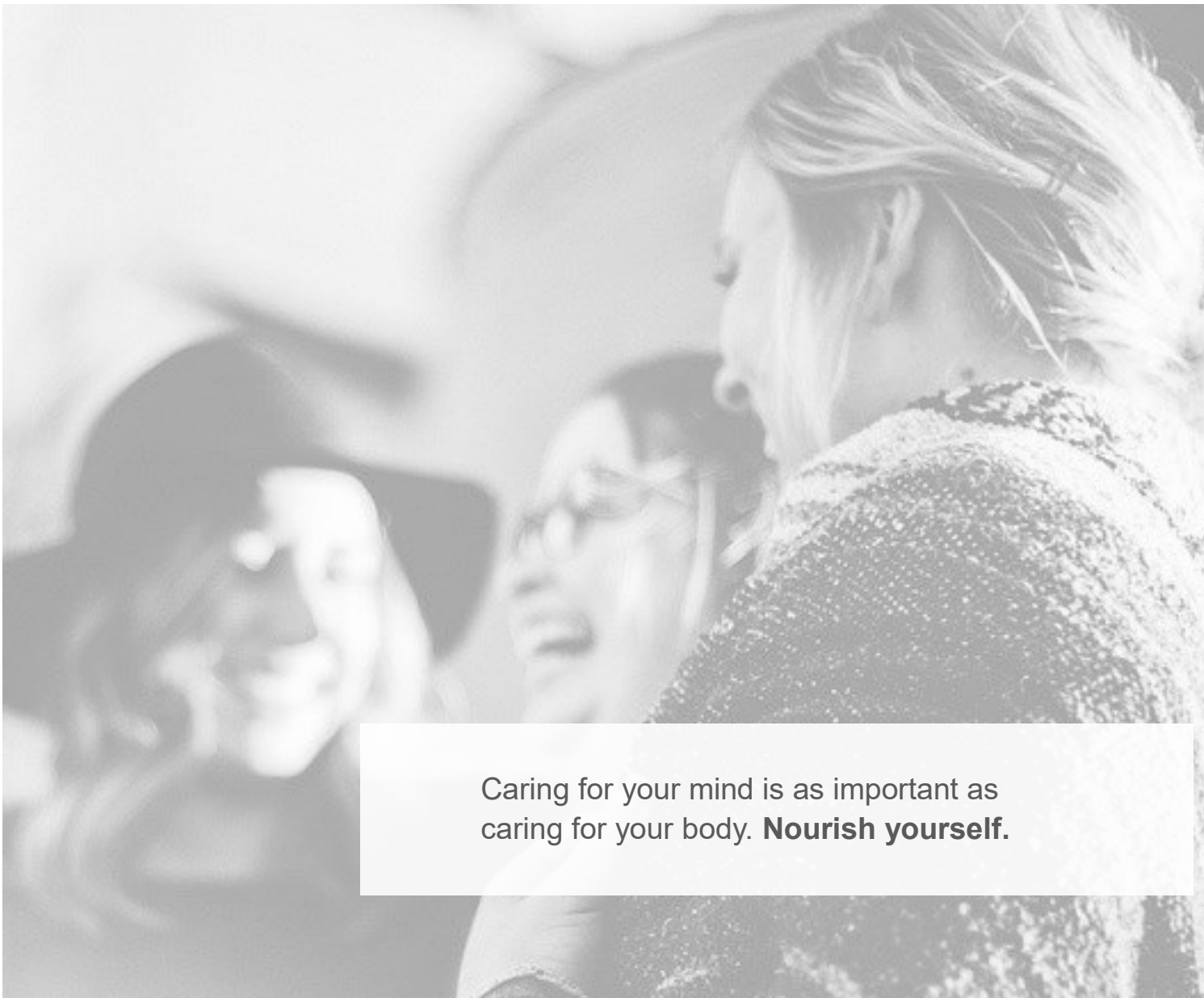
The ability to recognise and be open to new and improved ways of working is essential and we can always listen and learn more. It is for this reason that we want to hear from you! We welcome your feedback so, please reach out to us at [peermentors@liverpool.ac.uk](mailto:peermentors@liverpool.ac.uk) if you would like to put forward any ideas or suggestions on anything we can add to the scheme, or if you think there is anything we can do differently.

### Other ways to keep up to date...

You can also keep up to date with all of our activity on our **Twitter page** [@livunimentors](https://twitter.com/livunimentors). And, why not visit our **webpage** <https://student.liverpool.ac.uk/road-to-success/peer-mentoring/>.



We look forward to beholding the excellent support you will provide to your peers!



Caring for your mind is as important as caring for your body. **Nourish yourself.**