



Student Peer Mentoring Service

What is Student Peer Mentoring?

Student Peer mentoring is a form of mentorship that takes place between a person who has usually lived through a specific experience and person who is new to that experience.

Who are Student Peer Mentors?

Student Peer Mentors are volunteers from all areas of study who have received specialised training to support young people.

A Student Peer Mentor is a:

- Resource
- Connector
- Role Model
- Someone to share experiences.

A Student Peer Mentor is not a:

- Friend
- Counsellor
- Personal Assistant
- Someone with all the answers.

What areas of support can Student Peer Mentors provide?

There are a range of topics you can discuss with a peer mentor, e.g.

- Promote wellbeing activities
- Encourage lifestyle choices
- Confidence building
- Help achieve academic goals
- Adapting to life at college.

How will Peer Mentoring help me?

- provide an opportunity to learn from a different perspective
- encourage joint problem solving
- develop a relationship built on trust and focused on achievement
- provide new ideas and opportunities
- encourage positive behaviour and promote independence.

How can I speak to a Student Peer Mentor?

You can access the service by completing the referral form, which can be found on our website:

<https://www.nptcgroup.ac.uk/student-zone/in-college/student-support>

The completed form should be sent to:

studentpeermentoring@nptcgroup.ac.uk

Once your request has been submitted a mentor will contact you to arrange your first session using your college email address.

How long will the sessions last and where will they take place?

Each session will usually last between 30-45 minutes over a four week period and can be accessed via Teams or e-mail.