

## Pharmacy and Pharmacology peer mentoring scheme

Firstly, welcome to the department. We hope that you settle in and enjoy your course as much as possible, as soon as possible. This document is just to help explain what our peer mentoring scheme is and how it can help you make the most out of your first year at university.

### Who are peer mentors?

Peer mentors are usually students in their second year of university. Every peer mentor will have had a different experience when beginning university, but all will have learned how to deal with the different challenges. Some may have struggled adjusting to the new teaching styles and will now have some top tips on the best ways to take notes. Others may have struggled with living away from home for the first time and will now have good advice on how to settle into a routine of looking after themselves.

The point is, peer mentors, have all had first-hand experiences of the situations you will come across in your first year. Therefore, they can provide a friendly face and relevant guidance.

### How does the mentoring scheme work?

You will be placed into a group with other first years and given a mentor. A list of mentor-mentee groups will be available in early September. You may be contacted by your mentor via email before arriving on campus and can ask any questions you may have - maybe you don't know how many plates and bowls to buy? Please make the most of this opportunity; the mentors are there to support you!

Your first meeting will be during Welcome Week. Throughout the semester there will be several arranged meetings which your whole mentoring group are encouraged to attend. They are not compulsory, but we do encourage you to let your mentor know if you cannot attend to allow them to reschedule if necessary. We hope that meeting your mentor is not seen as a chore, but as a way to catch-up with your group and discuss openly how you are finding everything.

Throughout both semesters, if you ever have any concerns, you can always email your mentor. You don't have to bottle things up and wait for a meeting. Mentors are here to guide and point you in the right direction as much as possible.

### What's expected of me?

Really, we expect very little of you, except that you participate and try to get the most out of the scheme.

As mentioned above the scheme is optional, however mentors are volunteering their time to help you settle in and we hope that you'll make the most of this opportunity. If you think, "I'm settled in" or "peer mentor meetings are just taking up my spare time" then just let your mentor know, so they don't waste their time trying to contact you. Please don't just ignore their messages - it makes them sad.

Similarly, if you feel that your mentor is not doing as much as you expect, then contact the lead peer mentors or the staff peer mentor co-ordinator, and we can try and arrange an alternative for you.

### What should I expect of my mentor?

To be a friendly face and a listening ear. They are not a lecturer and therefore the meeting atmosphere should be casual and social. They can provide any information about where to go for support and provide up-to-date departmental information.

Most importantly, they should maintain confidentiality. They will never share information about you unless they have a genuine concern for you or someone else's safety. If you have any questions about the scheme, please do not hesitate to contact David Taylor, the staff peer mentor co-ordinator.

We look forward to meeting you all soon!