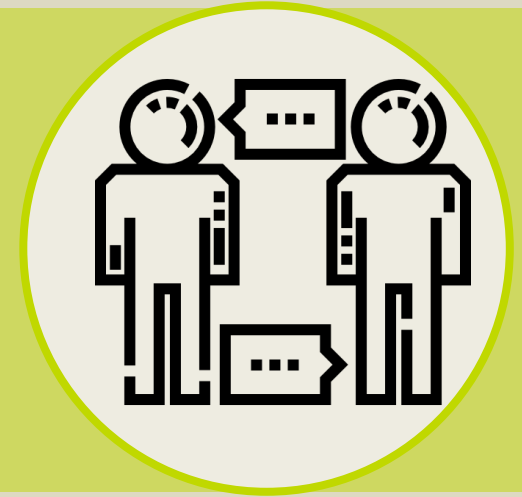


Getting the most out of your mentoring relationship



What is mentoring?

"Mentoring is a one-to-one, non-judgemental relationship in which an individual mentor voluntarily gives time to support and encourage another."

*Active Community Unit,
Home Office, 2001*

What are the benefits of being mentored?

- The opportunity to get guidance from another student that knows their way around.
- Having a non-judgemental person to listen to you.
- Mentors can help you get the most out of your university experience.

Mentors...



- were all new students once!
- help you make the most of your time at university.
- use active listening and questioning to help guide you **BUT** do not tell you what to do.
- advise you on all the different support available at Hallam.
- keep discussion confidential*.

* except in situations where there is concern for your safety or the safety of others

Mentors are not...

- study support tutors. They can offer advice and help with planning/time management **BUT** cannot help write/proof read your work.
- people who know all the answers **BUT** will always try to direct you to someone who can help.



Meeting your mentor

These are some things you might consider talking about in your first meeting:

- Asking practical questions such as where to find:
 - places to eat/shop.
 - teaching rooms.
 - where to get support.
- Asking any "silly questions" (there are no silly questions!).
- Discuss your interests and hear about theirs.
- Discuss how often you want to meet and how you will contact each other

How do you want your mentoring relationship to work?

Before meeting your mentor for the first time it can be helpful to think about:

- How often would you like to meet with them?
- Where are you comfortable meeting?
- How do you want your mentor to contact you?
(text/email etc)

University Support

Your mentor can support you in the ways stated in this introduction but the university also offers a wide range of specialist services to support you during your time here.

Information about all of different specialist services at Sheffield Hallam and external agencies can be found here:

www.shu.ac.uk/current-students/student-support