

specialist mentoring support.




What it entails.

Your specialist Mentor could be described as a trusted advisor; their role is distinct from that of a counsellor, interpreter or advocate - although it may well have some elements of these other roles at times.

The support is designed to help you through your time at university and is there to help you reflect on your experiences as well as introducing you to strategies that you can implement to overcome certain barriers.

How your mentor can benefit you:

- Your mentor will help you with organisational support - working on things such as time management and problem solving skills;
- They will help you break tasks down into manageable chunks so that you can work towards your deadlines effectively;
- They are there to help you achieve an appropriate balance between university related study and daily living;

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- They will help you manage any anxiety you may have and help you cope with stress or low mood - which can focus on areas both related and unrelated to study;
 - This support is there to help you prepare for new experiences and they will explore strategies with you to help you deal with these as they arise;
 - Your mentor will encourage transitional arrangements for the end of the module, for example helping you get access to a specialist careers advisor);
 - This support is there to help you with university life and help build on your confidence and strengths to help you become a more successful and independent learner.

Support is designed to help you with general strategies and processes, as support is not subject specific your mentor cannot help you with...

- Explaining or helping with the content of your work. Mentors should not supply module information or explain the content of lectures to you. This is the responsibility of your academic tutor if there are any subject specific queries;
- Mentors can help you with planning and organisation, but any written work must be composed by you and not the mentor. The mentor should not suggest the phrasing of sentences or comment on the relevance of specific content;
- Proofreading: mentors should not proofread your work; they should encourage you to do this for yourself, perhaps by using appropriate software;
- You may apply for or be awarded software training as part of your support package (e.g. how to use Inspiration, Dragon or Read & Write Gold); it is outside the scope of your Mentor's role to train you in specialist software programmes;
- Your Mentor should not attempt to duplicate the work of other professionals with whom you are working, e.g. CPN, psychologist or other agencies external to the University.