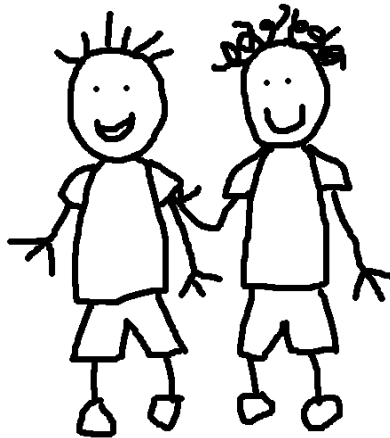




Share your experience
with a new student

Become a mentor!



A nice way to give . . . and to receive!

Project introduction

Description:

Peer mentoring project for UQAT students at the Val-d'Or campus.

Objectives:

- Encourage the integration* of new students;
- Encourage students to persevere with their studies.

Project length:

The mentoring project extends over the entire Fall session: it begins in August 2010 and ends in December 2010.

Why is the project called Project Share?

Because the relationship between the mentor and the mentoree is based on sharing!

Sharing your:

- experiences;
- knowledge;
- competencies;
- personal tools, tips and strategies;
- time and generosity!

** Integration: process that allows the student to feel included, to feel comfortable and to thrive in their surroundings, while taking into account their unique characteristics and differences.*

Who is this project intended for?

Project Share is intended for:

- all new students registered at the UQAT campus in Val-d'Or. These new students will be matched with another student in the same academic discipline.
- students in 2nd, 3rd or 4th year who want to become mentors.

What is mentoring?

Mentoring is a one-on-one relationship based on encouragement, constructive commentary, openness, mutual trust, respect, and the willingness to learn and to share. This supportive relationship is established between a more experienced student and a new student.

What does the mentor do?

The mentor is a model, a motivator and an advisor for the student. The mentor:

- helps the student integrate into the university setting;
- shares personal experiences, offers advice and information;
- gives constructive feedback on the student's strengths and areas where development is needed;
- supports the student in the development of strategies which will promote success at university;
- guides them towards appropriate resources.

The benefits

For the mentor:

- acquiring concrete experience in a helping relationship;
- a unique opportunity for their experience as a student to benefit others;
- acquiring new skills, trying out new abilities;
- participating in a student's psychological, emotional and academic growth;
- personal accomplishment and development of a sense of competency through a sharing relationship.

For the mentoree:

- establishing a direct and personalized contact upon entry into university;
- making integration and adaptation easier, promoting a sense of belonging in their surroundings, developing a social network;
- getting advice and information about courses, available resources, strategies to focus on when studying;
- sharing questions and concerns with someone who has already experienced entry into university.

A personal commitment

Students who want to become mentors first take a training course, approximately three hours in length, during which the different tasks to be performed, as well as the knowledge and the skills required to successfully carry out their mandate as mentor, are reviewed.

After the training course, mentors and mentorees will be invited to participate in a joint activity, which will allow them to make first contact with each other.

Following first contact, it will be the mentors' responsibility to meet their mentoree(s) four times during the academic session. It will be up to the mentor and mentoree to determine when these meetings take place.

Does this project interest you?

To register as a mentor or as a mentoree, or to learn more about Project Share...

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