



## Many Hands Peer Mentoring Project – Peer Mentor Role Description

### What is a Peer Mentor?

Peer mentoring is a relationship between someone who has lived through a particular experience (the peer mentor) and someone less experienced or new to an experience (the mentee), e.g. a second year student might act as a peer mentor to a first year student, or someone who has experienced difficulties in student life and overcome them, may support someone experiencing these for the first time. There is often a transfer of knowledge between the more experienced peer-mentor and the mentee, which benefits the mentee.

### What's in it for you?

By recognising and utilising your own valuable personal life experiences, you can help students tackle triggers such as isolation, low confidence and common emotional issues – some of the ups and downs of everyday life.

Our community of 100 peer mentors will be matched with students from across our 7 partner colleges through our state-of-the-art digital platform. In addition to contributing to student wellbeing across England, you will develop mentoring, communication and other transferable skills that will benefit your future employability. Where appropriate, we can provide you with an employer's reference.

### What's involved?

We are aiming to recruit 100 mentors over the life of the project (next 18 months), and there is a selection process. You will be asked to submit a short application form. If we think the programme is suited to you, you will attend four half day training sessions (there is flexibility), and sign up to our policies and procedures, including confidentiality and safeguarding. You will receive monthly 1:1 support from the Student Service staff at your place of study, and quarterly peer mentor group meetings to share experience and take part in evaluating the programme.



Mentor/mentee relationships last for up to six sessions of up to 30 minutes each, which will initially take place via our online mentoring platform. You can decide how to take the mentoring relationship forward at the first session, e.g. using Whatsapp, phone or meeting face to face. You can also decide how many mentees you wish to help at any one time, and can go off-line (agreed in advance) if you would like a break or are approaching a time when you'll be busy with study.

### **This role will suit people who ...**

- Have strong listening skills or would like to develop them
- Are highly empathetic
- Are friendly and supportive
- Are prepared to share relevant life experiences where appropriate
- Can attend mentor training and any other training required
- Be available to your mentee for a maximum of six sessions of up to 30 minutes, per mentoring relationship
- Take part in the Many Hands Project evaluation
- Check in monthly with your appointed Student Services team member
- Take part in quarterly group mentor support sessions
- Report immediately to the Many Hands Mentor Programme Coordinator any safeguarding issues or other concerns regarding a mentoring relationship

### **About the Many Hands Project**

Many Hands is a Government funded, supportive programme aimed at maintaining positive student mental wellbeing in Higher Education. Many Hands is a safe, discreet online peer-to-peer mentoring service for students studying with our seven partner institutions, in particular mature students, those in the creative arts or from Black, Asian or ethnic minorities. We match mentees with someone on our trained team of mentors, from across our partners, who has faced similar life challenges, to promote student wellbeing at the earliest stage.