

## **The Role of the Mentor- information for students referred for Mentoring**

### **What is Mentoring?**

The Disability and Dyslexia Service at the University of Chichester have a small team of Learning Mentors. The Mentors are experienced in providing regular support for students.

Normally you will meet your Mentor for one or two hours each week. The Mentor will work with you to develop your own practical strategies and solutions to manage the impact of your mental health issue, Specific Learning Difficulty or medical condition on your studies.

You may also have been referred for Study Skills Support. In some cases we may ask the Mentor to provide both areas of support. In other cases you may have a separate session with a Study Skills Tutor to assist develop those areas.

### **Who is Mentoring for?**

You will have almost certainly been identified by the Disabled Student Allowance (DSA) Needs Assessment, or the Disability Co-ordinator because you have a condition such as:

- ❑ a mental health issue which is stable but which is impacting on your ability to manage your studies
- ❑ an Autistic Spectrum Disorder requiring additional and regular support and advice on managing your learning
- ❑ A significant Specific Learning Difficulty (such as ADD/ADHD, Dyspraxia etc) in which organisational skills are significantly impacted.
- ❑ a significant health related issue which is impacting on your ability to manage studies.

### **What does the Mentor do?**

The Mentor can help with the following:

- ❑ Help you develop your organisational skills.
- ❑ Help you develop your time management skills.
- ❑ Ensure you understand the requirements of your course.
- ❑ Ensure you are aware of course assessment criteria.
- ❑ Help you plan own workloads to meet course assessment deadlines.
- ❑ Offer advice on general study skills.
- ❑ Assist with keeping you motivated
- ❑ Help you prepare for presentations
- ❑ Help you prepare for exams and assessments
- ❑ Help you practice and prepare for interactions with University departments and staff, such as Tutors, Registry, Library staff etc.

### **What the Mentor cannot do**

- The Mentor is not a counsellor- The University has a separate Counselling Service and a Mental Health Advisor. If you need this support the Mentor can advise you how to get an appointment
- The Mentor is not a proofreader-The Mentor may be able to offer general strategies on improving your own skills in this area. The University also has an Academic Skills Advisor who can offer help with this.
- The Mentor may need to refer you to other parts of the Student Support at the University if they feel you need additional help.

### **What do I need to do?**

- If you have been recommended Mentoring in your Needs Assessment we will ask you to complete a short form each semester, identifying when you will be free for weekly sessions.
- Our Mentors get fully booked quite quickly each term, so we ask that you return this information as quickly as possible.
- We also ask that you give us as much availability as you possibly can so we have a better chance of matching you with a Mentor.
- Once we have matched you with a Mentor, we will contact you to arrange the first appointment.
- At the first session the Mentor will work with you to develop a plan of how they will support you.
- We ask that you attend the sessions regularly and if unable to attend a session, give adequate notice.
- In certain circumstances, the Mentoring may be suspended or withdrawn if attendance has become an issue.
- If you have any concerns regarding your Mentoring you should contact the Disability Co-ordinator on 01243 812076 or by emailing [disability@chi.ac.uk](mailto:disability@chi.ac.uk)

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