

BECOME A PEER MENTOR TODAY!

P2P Peer to Peer Support – Partnership in Action – Students helping Students

Mary Boylan, Peer Mentor Coordinator and Support Officer, Carlow Campus

Helena Fitzgerald, Head of Learner Support and Student Services, Carlow Campus

Yvonne Kavanagh, Assistant Registrar, Carlow Campus

David Denieffe, VP for Academic Affairs and Registrar

Music & Lyrics by: Alannah Somers, Peer Mentor

“New Beginning” – Alannah Somers (Original composition)

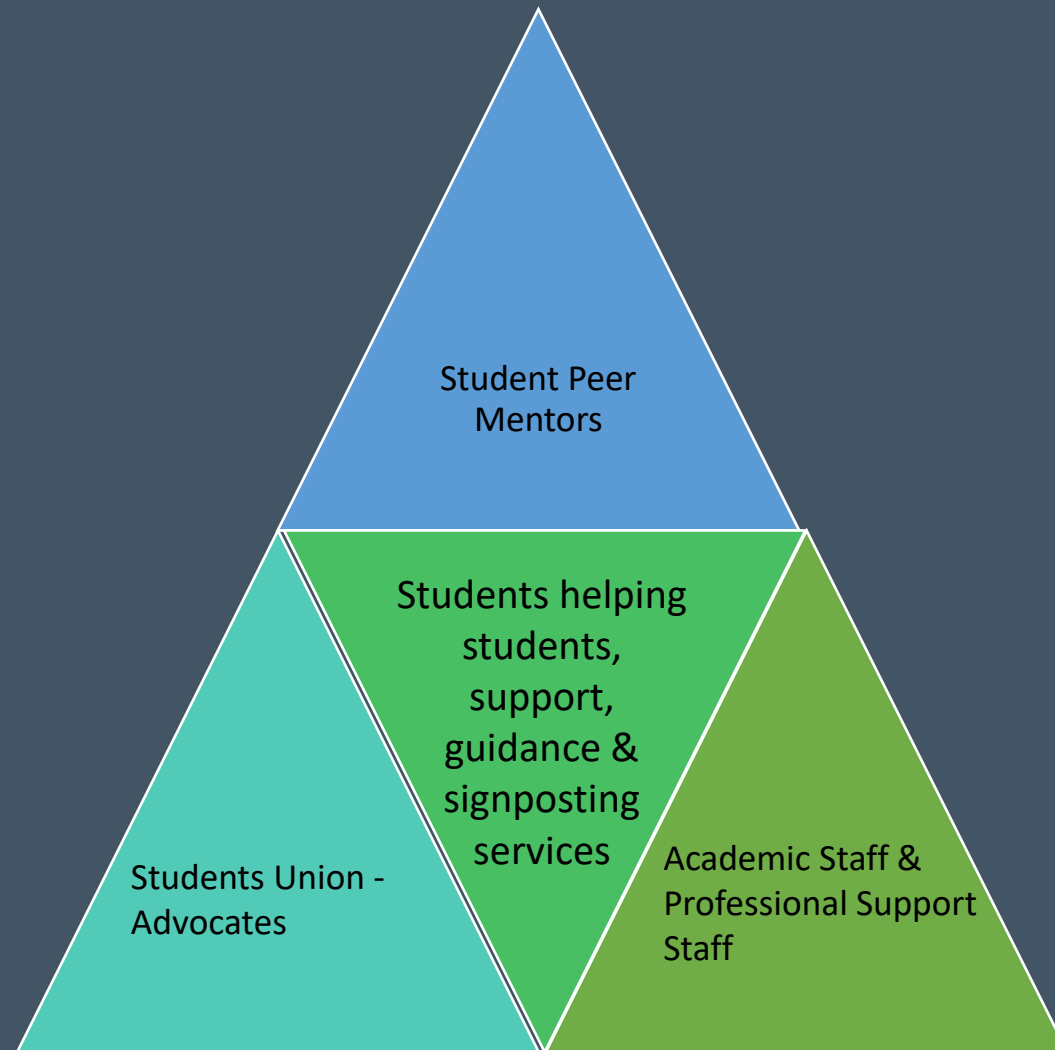
Prod: Ryini Beats



The Partnership Ecosystem



Working Together.....



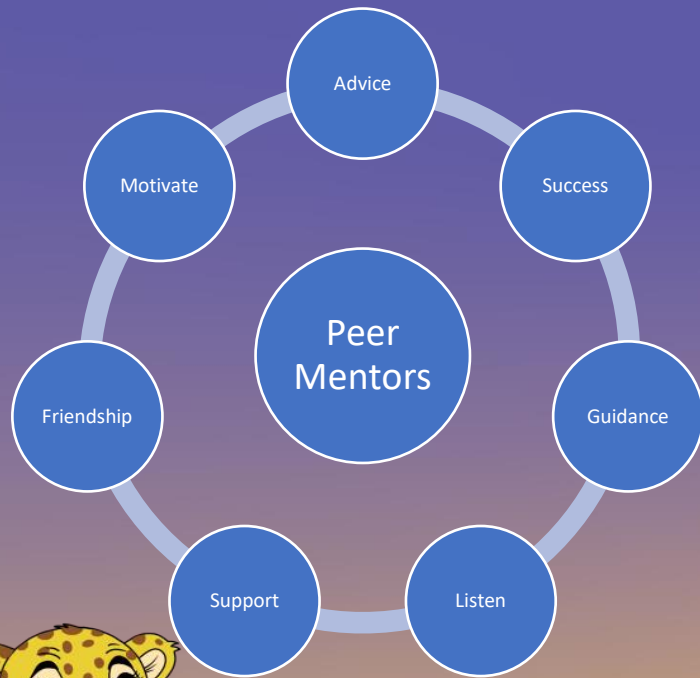
Facilitate
Students –
team
building,
problem
solvers &
mentors



Peer Mentor Magazine



Approaching Staff as Peers



Settling into University Life is Easier Than Ever as Current Students Volunteer to Become Peer Mentors & Guide 1st Years Through Their College Experience

September 2020 which saw the introduction of a support and guidance programme for all incoming 1st year students.

Student volunteers “Peer Mentors” from across all departments came out in force to join the programme, which offers them a variety of experiences from being involved in orientation, welcoming 1st-year students, providing guidance and support, working at university events and receiving mentorship from Peer Support Officer, Mary Boylan and the university Student Services Department.

It can be a daunting time for students of all ages heading into college for the first time. The Peer Mentor programme was developed to gap the bridge between secondary school and third level university life to ensure all incoming students, or for those who are returning to education, make an easy transition to the university way of life.

“There have been a few cases where new students were shy, unsure if they had picked the right course, were finding it hard to make friends or just settle into college life”, commended Mary Boylan, Peer Support Officer. “The peer mentor (P2P) programme is an all-round remarkable journey which enhances both the 1st year student experience and the volunteers experience. Peer mentors develop their leadership and team building skills and enhance their employability skills. We are looking forward to continuing and building on the programme year on year”, said Helena Fitzgerald, Head of Learner Support and Student Services.

Peer Mentor Magazine

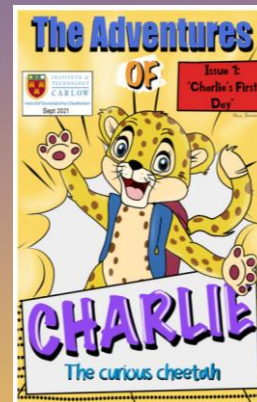


Peer Publications

Following on from the success of our two student focused comics the peer mentors asked could they work on a magazine for the incoming first years 'Student Tips and Tricks – a guide to college life'

As with the comics the great thing about the magazine is that the students working on it have no experience of this type of work and they do not know each other as they are from different courses of study. It will be their job to design, develop and create the full magazine. They will feature articles on the Do's and Don'ts of college life, Green Campus initiatives, Getting to know Carlow town and balancing study with college life.

The magazine will be distributed to first years at orientation and will not only act as an ice break and the Peer Group meetings but will also provide some useful tips for their first few weeks of university life.





What success looks like....



As a peer mentor, I **developed new friendships along the way** – the feeling you get from helping 1st years is one of the best. To be part of Orientation, Graduation, Open Days and many other events are some of the **best memories I have from college life.**

I acquired so many new skills as a Peer Mentor – **my confidence and communication skills grew in abundance**, I had to step outside my comfort zone, As a Peer Mentor volunteer at Open Days, Orientation and other big events I was a **guide and leader** and I had to learn to help and direct first year students to the best of my ability

I joined the peer mentor programme as I felt it would be a great opportunity to offer assistance to students in 1st year and **to pass on my experiences and knowledge to them, be their support.** I also felt like this would be a great way of meeting more people and becoming friends. Also, through this programme I met some other science students, and we became friends, since I was a year ahead of them, I was able to help them with their studies. In my case, the peer mentor program has helped a lot by **helping me to step outside of my comfort zone and boost my confidence, which will help in the long term.**

Every volunteer brings something unique to a team and the value of each quality is proved only with time by the appreciative words that we receive from the students/staff that we have helped. I was very lucky to witness this as **I shared some of my own experiences with the first years from my course and they were very thankful for the advice I passed on to them**

Outcomes....





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SETU'S PEER MENTORING INITIATIVE CONTINUES TO BENEFIT NEW STUDENTS

SUNDAY, JULY 17, 2022



By Suzanne Pender

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SETTLING into university life is easier than ever thanks to an initiative in SETU, where current students become peer mentors to help guide first years through their college experience.

The initiative came into effect two years ago and saw student volunteer 'peer mentors' from all departments coming out in force to join the programme. The programme offers a variety of experiences, from being involved in orientation, welcoming first-year students, providing guidance and support, working at university events and receiving mentorship from peer support officer Mary Boylan and the university's student services department.

It can be a daunting time for students of all ages heading into college for the first time. The peer mentor programme was developed to gap the bridge between secondary school and university life to ensure all incoming students, or for those who are returning to education, make an easy transition to the university way of life.

"There have been a few cases where new students were shy, unsure if they had picked the right course, and were finding it hard to make friends or just settle into college life," said peer support officer Mary Boylan.

"Our peer mentors' role is not only to be a signpost for services and support but can also be to identify students who are struggling, need support or just need a friend and help that student to settle in. The programme has been a huge success, with many first-year students benefiting from the initiative," she added.

This year's volunteers have gained valuable experience for their CVs and made a lot of friends with whom they may never have crossed paths.

They also represented the university at the recent launch of the Southeast Technological University by minister Simon Harris and assisted at the first-ever intervarsity athletics event in the university's South Sport Campus. They were also very involved in graduation ceremonies and helped in making the graduates' day a memorable experience.

"The peer mentor (P2P) programme is an all-round remarkable journey, which enhances both the first-year student experience and the volunteers experience. Peer mentors develop their leadership and team-building skills and enhance their employability skills. We are looking forward to continuing and building on the programme year on year," said Helena Fitzgerald, head of learner support and student services.

Students who would like to become a peer mentor and get involved are asked to please contact peersupport@setu.ie.

Thank you!

Find out more at:

[www.
https://www.itcarlow.ie/stu
dent-life/student-
services/peer-
mentoring.htm](https://www.itcarlow.ie/student-life/student-services/peer-mentoring.htm)

