

Making the Most of a First Year Peer Advising/Mentorship

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Last Updated: 24/10/24

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First-year Peer Mentorship

Expectations from your Peer Mentorship



Build a Trusting and Supportive Relationship

- Cultivate an open and honest bond with your mentor, and freely express your concerns, aspirations, and challenges without fear of judgment.

Set Clear Communication Expectations

- Establish effective communication with your mentor
- Clearly communicate your needs, expectations, and goals
- Foster open dialogue and actively listen to their advice



Seeking Advice and Problem-Solving

- Proactively seek your mentor's guidance when facing challenges
- Approach them with specific questions or situations
- Don't hesitate to seek their help

Maintaining Professionalism and Respect

- Honor your mentor's and your own time by upholding commitments



What to Discuss in your First Few Meetings?



Reflect on personal goals and expectations

- Take a moment to introspect and share your aspirations, challenges, and ambitions with your mentor,
- Discuss what you hope to achieve, allowing your mentor to provide tailored guidance and support.



Identify specific areas where guidance and support are needed

- Communicate the specific challenges or areas in which you seek assistance,
- Discuss any academic, personal, or social aspects where you feel uncertain or would benefit from your mentor's expertise

Navigating Challenges related to Academics

- Benefit from your PALss' firsthand experiences as they help you navigate and connect with a wide range of campus resources. From accessing peer tutoring services, to seeking support from CAPS and receiving advice on how to engage with academic advisors; from approaching TAs/Faculty to simply providing a space for conversation about your semester progress, your PALss is there to redirect you every step of the way.
- Get valuable tips and strategies for effective exam preparation and managing coursework demands, empowering you to overcome academic challenges.

Making the Most of the Peer Advising/Mentorship

Set Clear Communication Expectations

- Establish **effective communication channels** with your PALss, whether it's through in-person meetings, email, or text messaging, ensuring regular and timely interactions. Remember that honest and transparent communication is important in order for your PALss to connect you with the right campus resources. Opening up to your PALss may not be the easiest, however, connecting with them regularly both during the set meeting slots as well as outside of them may help build a deeper and closer bond.
- **Clearly communicate your needs, expectations, and goals**, allowing your PALss to provide tailored guidance and support that aligns with your unique circumstances.
- **Actively listen to your mentor's advice** and insights while also expressing your thoughts and concerns to foster a productive mentoring relationship.

Proactively Seek Advice

- Benefit from your mentors experience and knowledge by **proactively seeking their guidance** when facing challenges, academic dilemmas, or difficult decisions.
- Approach them with **specific questions or situations**, allowing them to provide practical advice and strategies to overcome obstacles and make informed choices. Once you have received the advice, complete any action steps or goals you set together.
- Remember that your PALss is there to offer support, so **don't hesitate to seek their help**.

Maintaining Professionalism and Respect

- Treat your PALss with respect - **honouring their time**, expertise, and commitment to your development.
- Show gratitude for their guidance, recognizing their efforts and the impact they have on your college journey.

Importance Of A Strong PALs and Mentee Relationship

The importance of cultivating a strong mentor-mentee relationship cannot be overstated. In this section, we delve into the profound impact and significance of this unique connection. Advice and support tailored to your unique needs, helping you navigate your academic and professional journey.

- **Personalized Guidance and Tailored Support**

Experience the power of personalised guidance as your PALs provides an individualized personal journey with confidence.

- **Networking and Professional Development Opportunities**

Unlock a world of networking possibilities as your PALs introduces you to valuable connections, opening doors to professional development opportunities and industry insights.

- **Navigating Challenges and Overcoming Obstacles Together**

Face challenges head-on with the unwavering support of your mentor, who will stand by your side as you navigate obstacles; offering guidance, strategies, and encouragement.

What To Discuss In Your First Few Meetings?

The first few interactions with your PALs are an exciting opportunity to lay the foundation for a meaningful connection. Let's explore the key topics and discussions to consider during these initial interactions, setting the stage for a fruitful peer advising/mentorship journey.

Reflecting on personal goals and expectations

- **Share your academic, personal, and social aspirations, challenges, and ambitions** with your mentor.
- Set goals for yourself and communicate them to your mentee, focusing on both the first semester and/or your overall journey at LUMS. These goals may include maintaining a target GPA, declaring a specific major, or participating in a certain number of extracurricular activities. By sharing your goals, your PALs can provide appropriate guidance to help you achieve them.

Identifying Support Needed

- Explore and **communicate the specific challenges** or areas in which you seek assistance enabling your PALs to provide you with a specific, achievable plan to address them.

Following the meeting, it is important to establish realistic and attainable goals to focus on until the next session with your mentor. These goals could include scheduling a meeting with your academic advisor for academic guidance or planning, arranging an appointment with the Academic Support Lab (ASL) for assistance with a writing assignment, or committing to taking walks three times a week to meet your wellness goal.

Tips for Mentees

- Take lead in peer advising/mentorship by actively participating and asking questions.
- Show dedication by fulfilling your commitments, attending all scheduled meetings, completing assigned tasks, and following up on previous discussions.
- Proactively seek feedback from your mentor, utilising their expertise and experience to meet your academic and non-academic goals.
- Contribute to the relationship by sharing your own insights, experiences, and perspectives as mentors can also learn from their mentees.
- Maintain confidentiality, safeguarding personal, professional, and academic experiences shared with each other.
- Respect your mentor's time and obligations, setting realistic expectations and acknowledging their workload and availability.
- Express gratitude for your mentor's voluntary time and dedication.

It's important to remember that the peer advising/mentorship program does not end after the first year. Stay connected with your PALs beyond the initial period and continue to seek their guidance and support as needed. Nurture these relationships and consider becoming a PAL yourself in the future to give back to the community.

Additionally, various support services on campus have been set up to help you navigate, grow and excel during your time at LUMS. Explore this [document](#) to learn more about the services available and find out how you can connect with them for assistance and support.

Other Campus Resources available to support your transition

- [Undergraduate Student Handbook](#)
- [Counselling and Psychological Services](#)
- [Co-curricular Activities](#)
- [Peer Tutoring Labs](#)
- [Hostel and Residence](#)
- [Tech Support](#) (includes support for email, Zambeel, LMS, Wifi etc.)

References

- [Find a mentor | Student Success Office | University of Waterloo](#)
- [Student peer mentoring programs | University of Manitoba](#)
- [What Is Peer Mentoring? How Does It Help? | BestColleges](#)