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Your Guide to the Peer-to-Peer Program

Welcome to the Psychology Students Association Peer-to-Peer Mentorship Program. This document is the starting point for both mentor and mentee, and discusses the way the program is executed each semester in addition to what the requirements of the program are.

Timeline Overview

-  Each semester 1 week before the first day of classes, the P2P program will be advertised and is open for application.
-  Applications close roughly two weeks after the first day of classes. After applications close, the Matching Committee meets and matches all candidates in a single session and sends out the information to the program members.
-  Mentees and mentors complete at least 1 activity from each of the PSA's 3 main goals: Growth, Opportunity and Support. You can select one activity from any of the subareas of personal, academic and professional. We have included suggestions, but pairs can get as creative as they like, as long as it fits relatively well with the main goals! ((These criteria will be simplified and online during remote semesters))
-  There will be 1 check-in from the PSA during the semester with the pair to see how things are progressing.

- Each mentee and mentor will complete an end-of-program survey no later than 1 week after the end of the semester. To complete the program this survey must be submitted.

Peer Growth Activities

The three values of the PSA are Growth, Opportunity and Support. Each of these areas have tasks that are grouped into 'academic' 'professional' and 'personal' categories. You and your mentor need to complete 3 tasks, one from each value! The PSA will provide ideas, suggestions and many opportunities to complete these tasks, plus you can get as creative as you like. If you are ever unsure if something would fit, you can always ask as well!

Growth

PERSONAL

- Taking a personality test and talking about the results (MBTI is always fun!)
- Talk about an experience in the past that you grew from or that lead you to where you are now
- Goal setting! What would you like to accomplish this semester? This year? What steps will you take to get there?
- Write an article together for the PSA newsletter about your experience in the P2P program or psychology in general

PROFESSIONAL

- Work on how to make connections with professors, discuss how to be professional in communication
- Talk about professional memberships for students for things like the Canadian Psychological Association or related organizations in your areas of interest

ACADEMIC

- Making connections with faculty
- Joining a student group or club or volunteering at a University event together

Opportunity

PERSONAL

- Discuss how to get into lab work and apply for a lab!
- Volunteer work and how to engage with organizations outside the University. Consider: The humane society, nursing homes, Schizophrenia Society. The ureginapsa.org website has a list of options!
- Think about becoming a pen pal with an organization like blackandpink.org or kids overseas or those in nursing homes.

PROFESSIONAL

- Talk to different professionals about their jobs. Psychologists, social workers, psychiatrists, and educators would all have interesting insights!
- Networking events! Attend a psychology association webinar together
- Working on a “personal brand” and making sure your social media and online presence are befitting of a young professional :)

ACADEMIC

- Participate in a webinar or programming that increases your skills for use in your program.
- Take a look at the Participant Pool if that is an option and find out how those enrolled in 100 and 200 level Psychology classes can gain up to 3% in course credit.

Support

PERSONAL

- Attend an event the PSA is having!
- Do an activity that boosts mental health together: yoga, a walk, spin class, hanging out in the park
- Hop online and play a game together! Chess, Animal Crossing, Jackbox games, Minecraft, scribble.io, the possibilities are endless!

PROFESSIONAL

- Discuss options for support at the University and in the city. ureginapsa.org has a comprehensive list of options!
- Think about taking a certification together! safe TALK is often offered by the University, UR Pride does a Positive Spaces Network training, and there are all kinds of local training that might be useful!

ACADEMIC

- Attend the PSA's Psych Lounge office hours together and meet other students!
- Find a webinar or presentation online related to mental health or psychology and attend together
- Discuss your experience with the academic part of the Psychology program at the U of R.

