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## **Mentor Goals of the Peer-to-Peer Mentor Program:**

**Help senior Psychology students develop leadership skills.** Growth, opportunity and support are the main values of the PSA and the best way to engage a student in all three is through experience with others.

**Build confidence in knowledge through collaborating with the PSA.** Working with others in the Psychology program is a great way to cement your own knowledge and skills.

**Opportunity to give back to the student community.** You've made it this far in your program, think of all the information you could provide to someone just starting out!

**Ownership over academic and professional goals.** Working with a junior student allows you to experience what a more advisor-like role is, helping you see how you may best work as a Teaching Assistant or other mentorship role.

**Engage in a collaborative system of support that's already set up.** Fostering a sense of belonging within the University of Regina and the Psychology Department as whole. Showing to students that there is a place for you here and that your contribution is important.

## What the Program Can Do for You as a Mentor:

**Connect you with other people in the Psychology program.** Knowledge is power, and with so many students working together in this program and in the PSA, you will know where to go to get the answers you need to succeed.

**Learn about your learning and teaching styles.** The best way to know if you understand something completely is by attempting to explain it to another person. The opportunity to learn how to communicate, collaborate and listen to another person is a priceless thing so early in life.

**Grant further opportunities for leadership.** Every person has to start somewhere and having an entire student organization support you is a great way to begin! Our P2P program gives you the framework you need to assess your skills and where you might still need to grow.

## Peer-to-Peer Mentor Program Outline:

The Peer-to-Peer Mentor program starts with a simple application survey and matching processes, done by PSA members. Each peer team works together for one semester, to allow students the ability to take on a shorter commitment and to try working with different peers. By the third week of the semester you should be matched with your peer and can begin working through the programming.

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 mentee need to complete 3 tasks together, 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!

As a mentor, the best possible thing you can do is provide thoughtful options to your mentee. If you're unsure of an answer, the PSA is always here to help! Thinking through your mentee's questions will help guide you both in what tasks would be the most useful for both of you.

The PSA will do one check-in halfway through the semester to make sure things are going well, but you or your mentee can reach out to us any time. At the end of the semester, each pair fills out a short feedback survey and the process begins again!

## **Mentor Requirements:**

**Reach out to your mentee and establish the best way to communicate.** Ask questions, reach out to the PSA through the Psych Lounge or our website, get invested in your education and experience! Your experience and advice could be exactly the thing someone needs to hear.

**Complete 1 academic, professional or personal development task in each of the 3 PSA values; growth, opportunity and support.** Identifying your mentee's specific needs and working with them to take steps toward meeting those needs is the start of a framework that will help you and your mentee meet your goals.

**Submit the end-of-semester feedback survey.** The PSA is new at this process, we want to know what works, what didn't, and what your advice for getting better is!

If you have questions or comments about the Peer-to-Peer Mentor Program or the PSA in general, feel free to contact us at [hello@ureginapsa.org](mailto:hello@ureginapsa.org)

