

Guidance Notes for Student Mentees and Signpost Mentors

The Purpose and Scope of the Signpost Mentoring Scheme

“.....mentoring provided by students for students”

These guidance notes are provided to each Signpost mentee and Signpost mentor as a reference point to outline the nature and scope of the Signpost Scheme:

The Signpost Mentoring Scheme is designed to enable our students to make the most of their time at University.

Signpost is aimed primarily at our first year students (although **all** students are welcome to use Signpost) and it is a free, friendly and confidential service which can provide assistance on any aspect of university life.

Signpost Mentoring can help students to:

- Settle down in University life
- Achieve their potential
- Plan for their future
- Make the most of their time at University

Signpost is a peer support scheme and all Signpost Mentors are either 3rd year Undergraduate students or Postgraduates. Signpost Mentors can help students with any aspect of life at university, whether academic, social, or financial. Acting as a link to services available for students within the university, the Signpost Mentor can also help with organising your studies and finding motivation.

How does it work?

The typical arrangement is for each student to have 3 one-to-one, confidential, meetings with their Signpost mentor each semester and to have email support between these meetings. However, Signpost is very flexible as the individual requirements of each student will vary and support can be provided on a more regular basis. Also, some new first year students will settle quickly at University and may decide that, after a couple of meetings, they no longer require a Signpost Mentor.

What is the scope of Signpost?

Signpost Mentoring is not designed to replace or replicate more specialist forms of support that are available at the University for our students. For example, Signpost Mentors will not be able to write or correct your essays/assignments/work but they

will be able to give you overall assistance and help with time management, planning and motivation. Students who require more detailed or specialised assistance may be directed by Signpost Mentors to the appropriate source of help within the University.

Confidentiality

Meetings between students and Signpost Mentors are confidential. A written Signpost Log (a brief summary of each meeting) is agreed and signed by both parties and a copy is passed to the Signpost Mentoring Support Coordinator at Student Support. Confidentiality means that any information given by the student will not be passed on, formally or informally, to any other person apart from the Signpost Mentoring Support Co-ordinator/Student Support Services without the specific consent of the mentee (except in the case of emergencies).

Matching Student Mentees with Signpost Mentors

Signpost Mentors are trained to deal with every aspect of University life. There are a wide range of matters that students may need some help with; for example with time management/organisation and motivation, advice on social aspects and practical help; for example with financial planning and budgeting. If students can outline the areas that they would like some help with we will do our best to find a Signpost Mentor who has some relevant knowledge or experience. Some students may ask for a Signpost Mentor from the same Department and, wherever possible, we will try to give a positive response to such requests although sometimes we do not have Signpost Mentors from every single Department.

Both students and Signpost Mentors are encouraged to contact us if they feel that the matching process has not worked and we will look to see if a re-allocation can be made.

Support for Students and Signpost Mentors

All students and Signpost Mentors are encouraged to contact the Signpost Mentoring Support Coordinator at Student Support with all questions and enquiries relating to the Signpost Mentoring scheme. Continuous support is available to all of those who use the scheme:

Signpost Mentoring Support and Care Leaver Co-ordinator
Student Support
Student Welcome Centre
Aberystwyth University
Penglais
Aberystwyth
SY23 3FB
Tel: 01970 621761 or 01970 621529
Email: signpost@aber.ac.uk