Faculty of Health Sciences Peer Mentorship Program

I. Introduction

Founded in 2011, the Faculty of Health Sciences Peer Mentorship Program was the first of its kind—completely student initiated and run. Since its inception, it has paired hundreds of first year FHS students with mentors who seek to guide and ease their transition from high school to the post-secondary environment. A mentor provides a point of contact on campus throughout the mentee’s first year, answering questions and providing support should any issues arise. Our executive team will oversee the program and provide support for mentors throughout the year, as well as plan events and meetings. We hope you will consider applying to be a mentor!

Hours per week: Approx. 2-3 (varies during the time of year)
Start Date: Fall 2018 (With one day of training in July and mentee calling in August)
End Date: April 2019

II. Mentor Expectations and Responsibilities

Although this program is designed to be simple, flexible, and low maintenance, genuine commitment will be needed from you to ensure that first year students have the best possible experience. We have outlined basic responsibilities and expectations that you will be held accountable for as a Mentor.

a. Responsibilities:

- Attend mentor training on TBD: three dates will be scheduled and sent out (Or have a valid reason to not attend confirmed with Director)
- Attend and participate in program events (you are allowed to miss one event per semester- all other absences must be pre-confirmed with Director)
- You will be paired with a minimum of two mentees, and expected to carry out “mentor duties” with each one. (See section b)
- Attend and encourage your mentees to attend various program events
- Attend monthly mentor meetings (you are allowed to miss one mentor meeting per semester- all other absences must be pre-confirmed with Director)
- Keep in touch throughout the year with the executive members

b. Mentor Duties / Expectations:

- Meet with mentees face-to-face at least once at start of the year (at Meet and Greet preferably)
- Carry out (at minimum) 6 mandatory contacts with your mentees, as designated by the program. Keep a record of this through mentor contact summary forms.
• Provide support and guidance to your mentees throughout the Fall and Spring semesters.
• Keep all information shared by your mentee confidential (unless your mentee is in an unsafe situation).
• Create and maintain a positive, welcoming, and friendly relationship with your mentees.
• Maintain a professional relationship with your mentees and set boundaries.
• Be knowledgeable about university resources and support services.
• Be willing to share your first-year experience and the ways you adjusted.

c. Compensation: Volunteer

*Please Note: We will have a limited number of mentor positions available for students on Co-op during the 2018-2019 school year. Campus presence and attendance is a vital component of our program therefore preference will be given toward students who are regularly on one of SFU’s campuses.

III. FHS Peer Mentorship Program: Boundaries

As a mentor, you have a number of responsibilities and expectations, as discussed and outlined. However, it is crucial to understand your boundaries as a mentor. These should be clearly communicated with your mentees as soon as possible, and reiterated as needed. You cannot do/be everything! Trying to carry out responsibilities outside of your role may seem like a helpful thing to do, but in fact, it may end up doing more harm than help (Additional training will be provided).

A mentor is not:
- A professional counselor or therapist
- A surrogate parent
- A romantic partner
- A tutor
- “All-knowing”
- An academic advisor

When establishing these boundaries, it is also useful to discuss expectations with your mentees. What do they hope to get out of the program? What roles do they expect you to play in their lives? What do you expect out of your mentees? Do they think you will answer if you call them at 2:00am, or have you told them not to call past a certain hour? Questions like these should be discussed as soon as possible, since it will help clarify your boundaries and bring to light any discrepancies between expectations.

If you ever have any troubles, frustrations, or issues (for instance, if your mentee refuses to accept one or more of your boundaries) you are always free to contact the executive team.