



Dinos Peer Mentor Program Overview

Position title: Peer Mentor

Department: Student Success Centre

Term: Fall & Winter Semester

Hours: 2-4 hours a month (flexible) with additional hours available for workshop facilitation

Role Description

The goal of the Dinos Peer Mentors Program is to build community among varsity students by creating supportive connections between senior level student-athletes and incoming new athletes. Mentors are paired with a group of first year students (mentees) at the beginning of the academic year and are asked to connect with their mentees regularly throughout the Fall and Winter semester.

Participation

The Dinos Peer mentor program is designed to be flexible to align with busy athletic schedules. Review the following ways that mentors can engage with the program.

Emailing Mentees

A series of email templates are provided to mentors for use when connecting with their mentees. Mentors can also organize meet ups with their mentees, either 1:1 or as a small group. However, this is optional and is left up to the mentors.

Transition Workshops

Mentors are asked to participate in the Dinos Transition Workshops in early September. The Transition workshops are mandatory to all incoming new Dinos and there are usually 2-4 to choose from. Mentors are asked to participate in at least one of the sessions.

Academic Skills Workshops

During the Winter semester, mentors assist with and share their experiences during the Academic Skills Workshops. These are a series of workshops that provide academic fundamentals such as time management, note taking, motivation, and exam prep. There are a total of nine 50-minute workshops and mentors are asked to participate in 2 or more sessions.

Time Commitment

The time commitments for mentors are as follows:

- Attend 1 hour training session late August or early September
- Attend the 'Meet & Greet' event to connect mentors with their mentees. This is a 1-2 hour social event held early in September
- Send biweekly emails (templates provided) to mentees and correspond with mentees as needed. This commitment should be about 1-2 hours every two weeks.
- Attend and participate in one or more of the 75-minute Transition workshops early in the Fall semester
- Attend and participate in two or more of the Academic Skills Workshops in the Winter term
- Optional commitments include arranging online or in person meet ups with mentees and facilitating a study group in an area of interest to you

Benefits

The benefits of the program to mentors include gaining volunteering, mentorship, and presentation experience. We are also happy to provide reference letters to mentors as needed. Throughout the year, there will be optional professional development opportunities available for mentors to add to their skills.

Contact Us

For questions about the Dinos Peer Mentor program or to express interest in participating, please reach out by email to dinosgps@ucalgary.ca