

## **FAQs – Undergraduate Psychology Association Peer Mentorship Program 2008-2009**

### **What is the Peer Mentorship Program?**

The Peer Mentorship program facilitates one-on-one interaction between a 3<sup>rd</sup>/4<sup>th</sup>-year student and a 1<sup>st</sup>/2<sup>nd</sup>-year student in psychology. An older psychology student who meets the criteria to act as a mentor (please see application) will be assigned to a younger student who seeks peer guidance, advice, and support on academic or program-related issues. The assigned mentor will act as an information source for the school year.

The peer mentor can provide support in areas such as:

- Study tips
- Referrals to university services
- Share resources and information relevant to your program or research area
- Help get involved in psychology-specific events on campus
- Provide insight on relevant upper-level psychology courses
- Recommend their personal favourite psych courses/professors
- Address questions if you are hesitant to approach your professor or advisor
- Someone to smile and wave to across the campus! ☺

Mentors and mentees will be encouraged to interact mainly over email at least once a month and notify each other of information or events of common interest.

Peer mentors are not advisors or professors, but they will be there to help with any question to the best of their knowledge, or help you find someone who may be able to answer.

### **Who can be a peer mentor?**

To become a mentor, a student must:

- Be a member of the UPA
- Be in his/her 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> year of studies
- Be enrolled in a psychology program and have completed at least 4 psych courses
- Ready for a challenge
- Be enthusiastic about psychology and eager to meet the new generation!

### **Who can be a “mentee”?**

Any UPA member in his/her 1<sup>st</sup> or 2<sup>nd</sup> year of studies enrolled in a psychology program is welcome to apply.

### **Are we going to be best friends?**

Being in a peer mentor/mentee relationship doesn't mean that you have to be each other's favourite person. If you get along swimmingly and come to appreciate each other as friends, great! But a successful peer mentorship doesn't have to be more than maintenance of a cordially professional relationship; as long as there is good information being communicated, mutual trust and respect, and some value in the exchange, we're proud of you both for a successful mentoring relationship. 😊

**I don't like my mentor/mentee. Can I switch?**

You can switch mentor/mentees once per year.

**How are mentor/mentee matches made?**

We will try our best to match mentors/mentees who share area of interest or are enrolled in similar programs. However, depending on the availability of mentors, we may not be able to always find a good fit. 1<sup>st</sup> years will generally be matched with 3<sup>rd</sup> years, while 2<sup>nd</sup> years will be matched with 4<sup>th</sup> years or older.

**Is there someone I can email regarding any suggestions, comments or questions about the program?**

Sure there is! Please feel free to email the Undergraduate Psychology Association at [upa@ualberta.ca](mailto:upa@ualberta.ca) or Leigh Yang, Peer Mentorship Coordinator at [myang@ualberta.ca](mailto:myang@ualberta.ca).

Have a great year, everyone! See you around!