

The Role of the Mentor- information for students referred for Mentoring

What is Mentoring?

The Disability and Dyslexia Service at the University of Gloucestershire have a specialist team of Learning Mentors. The Mentors are experienced in providing regular support for students.

Normally you will meet your Mentor for one or two hours each week. The Mentor will work with you to develop your own practical strategies and solutions to analyse the impact of your mental health issues, specific Learning Difficulty or related condition on your studies.

You may also have been referred for study skills support. In some cases we may ask the Mentor to provide both areas of support. In other cases you may have a separate session with a study skills tutor to assist develop those areas.

Who is Mentoring for?

You will have almost certainly been identified by the Disabled Student Allowance (DSA) Needs Assessment or the Disability Coordinator because you have a condition such as:

- a mental health issue which is stable but which impacts on your ability to analyse your studies
- an Autistic spectrum Disorder requiring additional and regular support and

What the Mentor cannot do

- The Mentor is not a counsellor or a university as a separate Counselling service and a Mental Health Advisor. If you need this support the Mentor can advise you how to get an appointment.
- The Mentor is not a proofreader. The Mentor may be able to offer general strategies on proving your own strengths in their area of expertise as an Academic Skills Advisor who can offer help with this.
- The Mentor may need to refer you to other parts of the student support at the university if the fee you need additonal help.

What do I need to do?

- If you have been recommended Mentorship in your Needs Assessment we will ask you to complete a short form for each semester during which you will be free for weekly sessions.
- Our Mentors are fully booked quite quickly each term so we ask that you return this form as soon as possible.
- Please ask that you give us as much availability as you possibly can.