

Going to uni can be a big change, but a mentor can help make that change a bit easier.

The Psychology Peer Mentoring Program matches small groups of 1st year students with a pair of 3rd Year Bachelor of Psychology and Bachelor of Psychological Science students. Over the course of semester 1, you will receive small group sessions to help you succeed at university. You can discuss any problems you have confidentially with your mentors, who can give you advice on the various support services that are available at university.

Mentors will cover topics like researching and investigating at a university-level, organisation and exam preparation, effective communication skills, careers within psychology and answer any questions that you have. The program also provides a valuable opportunity for new students to get to know other students and begin building a social network.

Who is eligible?

Any student enrolled in the 1st year of a Bachelor of Psychology or a Bachelor of Psychological Science degree.

What does the program involve?

You will meet weekly with two 3rd year students, and a small group of 1st year students. Meetings will commence early in Semester 1.

Why join the program?

- o Meet other 1st year students
- o Learn from more experienced Psychology students
- o Enjoy a sense of community within the UNSW School of Psychology
- o UNSW's research has shown that students who make use of peer mentoring are more likely to make a better transition to university

To sign up visit:

<http://www.psy.unsw.edu.au/current-students/undergraduate/peer-mentoring-program>

If you have any questions please email the School of Psychology Peer Mentoring coordinators Jenna Zhao and Adrian Walker at psychologypeermentoring@unsw.edu.au