



Psychology Peer Mentoring

FAQ for New Students

Mentoring in the School of Psychology

We aim to match small groups of 1st year students (~3-5 students per group) with a pair of 3rd Year Bachelor of Psychology and Bachelor of Psychological Science students. Mentors run small group sessions on how to succeed at university and have complete freedom to tailor these sessions to your needs.

Who are these mentors?

You should be able to trust your mentors. That's why we'd like you to know:

- o Your mentors are students in School just like you. They've just been here a little longer.
- o Your mentors have received a full day of UNSW training on their roles and responsibilities
- o Your mentors are overwhelmingly motivated by a desire to help. They know that sometimes the transition to uni can be tough because they've been there. Many of them found having a mentor in first year helped them and they want to return the favour.

How do mentors help?

Mentors help in three ways – academically, socially and personally.

- o Academically – mentors can help you develop academic skills, like how to research a topic
- o Socially – the small group setting will help you meet other students. Mentors can also suggest clubs or societies that you might be interested in, like PsychSoc.
- o Personally – if you're having trouble, you can talk about it with your mentor. They can help you figure out what to do.

What can't mentors do?

Mentors cannot do your homework, fix your personal problems for you, or keep it secret if you or another person is in danger.

Where do I sign up?

You can register your interest by visiting

https://unsw.au1.qualtrics.com/jfe/form/SV_2bkz0x3r6tyGxAV or attending the School of Psychology Welcome during O-Week. If you have any questions or want more information, please email Jenna Zhao and Adrian at psychologypeermentoring@unsw.edu.au