

# School of Nursing 2020-2021 Undergraduate Peer Mentoring Program

*The University of Michigan School of Nursing*

## Who is this for?

This program is for all undergraduate students — freshman and sophomores are matched with juniors or seniors. This program is completely voluntary and open to any student who would like to participate.

## Why do we do it?

Mentors support students as they navigate nursing school through peer to peer conversations and experiences. Mentors provide new students with a “nursing family” they can lean on for good advice or even referrals to assist with academic, social, or personal challenges. If a mentor can't answer your question, they can point you to someone who can!

## What do we do?

- ▶ Check in with each other at least once every other week on the phone or in person during the semester. Pairs talk about how they are navigating their schedules, studying, self-care, work, personal life, and more.
- ▶ Attend any two virtual or face-to-face UMSN events or programs together every semester.
- ▶ Attend a virtual orientation to the program in late August and provide feedback on program evaluation surveys.
- ▶ Commit to participating for the full academic year, that is, over two academic semesters.

## What are the benefits of the Peer Mentoring Program?

- ▶ Give and receive practical advice, encouragement, and support.
- ▶ Share ideas on how to study and succeed at UMSN.
- ▶ Improve communication and networking skills.
- ▶ Learn from the experiences of others.
- ▶ Increase social and academic confidence.
- ▶ Develop strategies for dealing with academic and personal challenges.
- ▶ Identify academic and personal goals and establish a sense of direction.
- ▶ Gain valuable insights into the stage(s) of your program and career.
- ▶ Make new friends across cohorts.
- ▶ Strengthens your resume and leadership experience, especially if you are a mentor.

## How do I sign up?

Mentor/Mentee matches will receive one another's name, phone number and email in early August. You will also receive a link to sign up for an orientation session. At the orientation session we will go over program benefits and answer questions.

- ▶ [Use this link to sign up to be a mentor or a mentee.](#)

## Who do I contact with questions about this program?

For questions please contact your undergraduate advisor or Dr. Rushika Patel at [rushika@umich.edu](mailto:rushika@umich.edu).