



## GCU Staff-Student Mentoring

"Hi, I am going to talk about my experience of having a staff mentor at university. I've just finished my first year and I moved from Edinburgh to Glasgow for uni, which was a bit daunting at first, moving to a new city and just starting university in general, I was pretty nervous. **Having a staff mentor meant that I had a named point of contact in the university, this was important for me as I do not have any family members who can support me.**

I was able to meet up with my mentor for a chat and a catch up and the meetings were always really relaxed, my mentor would ask how I was doing and make sure that I was settling into university okay, over the weeks and months we built a good trusting relationship and would we would always have laugh when we met. **It is really useful having a mentor as they have a lot of knowledge of how the university works and they can make you aware of any opportunities that you may be interested in, for example scholarships, societies and jobs.**

Add a When I first moved to university, I missed my library tour, so my mentor helped me by arranging another tour for me to go on, which was really beneficial because the library is pretty big. Meeting with my mentor was really nice because they gave me the opportunity to ask for advice, for example, I had a job interview at the university as a student mentor and I was feeling pretty nervous so they helped me prepare and go over some notes before the interview and this really helped calm my nerves and prepare me.



As someone who can have low self-esteem issues **it was good to have someone who believes in me and provided me with encouragement to apply for things.**

**Having a mentor helped me feel reassured while at university,** I know if I ever have any worries the staff mentor will be there to listen and to try and help me and they are only ever an email away. During my first year I had some family problems which were causing me a lot of stress and I was worried it would impact my course work. I was able to speak to my mentor about this which really helped, and it was nice to get my worries off my chest. She encouraged me to tell my lecturers/tutors what was going on. This allowed me to get extensions for my essays if I needed, this was a huge relief. **Having a mentor has helped me settle into university life and it has given me confidence and helped me believe in myself. If you get the opportunity, I would really recommend getting yourself a mentor."**