

WHAT IS MENTOR AS SUPPORT?

WHAT IS SPECIALIST MENTORING SUPPORT AND HOW WILL IT BENEFIT ME?

- A personal mentor who is a qualified professional
- Regular weekly support
- Understanding of your needs
- Supporting you to succeed and achieve
- Weekly improvements and progress
- Practical support and strategies to help you maximise your strengths and improve on your weaknesses.
- Strategies for effective communication
- Flexible support, adapting to your changing needs.
- Teaching you clear strategies to help you overcome difficulties and achieve in life and the workplace.
- Personal development and skills for life
- Professional, objective non-judgemental support

AREAS THEY CAN HELP YOU WITH

- **Transition to university** – understanding how it works and what to expect
- **Orientation** – finding your way around - campus, the city, useful routes
- **Socialisation** – joining clubs and groups
- **Friendships** – discussing issues, set-backs, concerns
- **Emotional difficulties** – listening, talking through problems, sign posting, offering practical advice and Problems solving and finding solutions
- Guidance
- Motivation

STRATEGIES FOR EFFECTIVE LEARNING

- Problem solving and finding solutions
- Understanding the task
- Guidance on using feedback effectively for development
- Task priority
- Idea generation
- Overcoming procrastination and writers block
- Setting achievable goals

ORGANISATION AND TIME MANAGEMENT

- Organising yourself and your timetable
- Techniques for addressing procrastination
- Strategies for managing information overload
- Breaking the task down to manageable, achievable goals
- Scheduling study, university, and downtime
- Motivation and empowerment

PERSONAL DEVELOPMENT

- Developing a suitable work life balance
- Health and wellbeing advice
- Encouragement of social engagement
- Sleep hygiene and nutrition
- Transition support to university and progression
- **Communication skills development** – individuals and group work
- Confidence building





- Assertiveness techniques
- Motivation and encouragement
- Empowerment strategies
- **Group work** – confidence building
- **Presentation** – skills and practice
- Interpersonal skills

RELAXATION TECHNIQUES

- Stress and anxiety management
- Relaxation and breathing techniques
- Listening and discussing problems and concerns
- Finding practical workable solutions
- Strategies for Effective Learning

PLANNING AND RECORDING PROGRESS

- Regular reviews and feedback
- Organising your thoughts and ideas and notes
- Planning ahead to deadlines, creating weekly achievable goals
- Self-evaluation

ACCESSING OTHER SERVICES

- Utilising other university support effectively
- Personal Tutor
- Counselling and Advice
- **Socialisation** – clubs and activities
- Library

USING TECHNOLOGY

- Useful Apps
- **University systems** – Blackboard, Library on-line, webinars
- Microsoft office
- Assistive Technology

FURTHER SUPPORT

- Sign posting when required
- Assisting with the gathering of thoughts and ideas
- Problems solving
- Listening and understanding



FEEDBACK

It is important that the support benefits you!

If you have any questions, queries or concerns at anytime or would like a general chat - please contact us.

COSMIC PEOPLE CONTACT DETAILS

Office hours: Monday to Friday 8:30am until 5pm

Email: administration@cosmic.co.uk

Office number: 01283 716333

Cosmic People – Realise your potential!

STUDENT TESTIMONIALS

Just texting you to tell you I got a First and the school prize for outstanding performance by a final year student! Thanking you for all your help and support. **MK**

Hello. I got my 2:1, 3% off a First but happy nevertheless! Thank you very much for all your help over the years, it's been so beneficial. **LT**

Hi. I'm graduating with a 2.1 so very happy. Thank you so much for all your support. Have a lovely summer. **KD**

Hi. I got a 78% on my dissertation and I'm graduating with a first (74% overall). I'm over the moon, thank you for all your support, couldn't have done it without you. **RF**

Thank you so much for your support over the last year. I got firsts in all my exams and dissertation, so I can't really complain. I'm now doing my internship. Thanks again and all the very best. **BM**

I'm graduating with a 2.1. My dissertation grade was a bit disappointing, 58%, but I got 75% for my presentation. I guess a 2-1 is good enough overall! Thanks for all the help getting me there. **AI**

Hope you're having a nice summer. Just to let you know I ended up with a 2.1! Thanks for all your help and support. **HR**