

WHAT IS MENTOR MH SUPPORT?

WHAT IS SPECIALIST MENTORING (MH) 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

- Motivate and empower
- Confidential safe space
- Listen to problems
- Consistency of support
- Strategies to overcome emotional barriers
- Teaching of tools and techniques
- Setting achievable goals and praising progress
- Preparation and planning to avoid feeling overwhelmed and overcome procrastination
- Breakdown tasks into achievable goals
- Building trust and providing regular support

- Monitor risks and put in considered measures
- Manage issues before they hinder performance
- Effective decision making
- Student-centred support
- **Emotional difficulties** – listening, talking through problems, sign posting, offering practical advice and Problems solving and finding solutions
- Safeguarding pathway

OVERCOMING BARRIERS TO LEARNING

- Breathing techniques and visualisation
- What if scenarios and outcomes
- Exercise
- Daily dairy/thought journal
- Reflection
- Raising self-awareness
- Discuss and recognise behaviour triggers and how to manage
- Practical solutions to meet your needs
- Listening and discussing problems and concerns
- Finding practical workable solutions
- Facilitate and validate decision making
- Catch issues before they hinder performance
- Holistic approach to whole person
- Discuss and recognise behaviour triggers
- **If catastrophise** – unpick reasons and behaviours
- **Distorted thinking** – breakdown thoughts and help to overcome



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
- Setting achievable goals

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
- Raise self-awareness
- Analyse and normalise behaviours
- Build upon success

RELAXATION TECHNIQUES

- Stress and anxiety management
- Relaxation and breathing techniques
- Sleep hygiene
- Mindfulness
- Meditation
- Grounding and normalising

PLANNING AND RECORDING PROGRESS

- Regular reviews and feedback
- Organising your thoughts and ideas
- Creating weekly achievable goals
- Self-evaluation and review



- Preparation and planning ahead to avoid feeling overwhelmed
- Avoid procrastination
- Contingency planning for 'dark days'

ACCESSING OTHER SERVICES

- Utilising other university support effectively
- Personal Tutor
- Counselling and Advice in university
- Student well being team
- **Socialisation** – clubs and activities
- External services for safeguarding as and if required – Mind, Samaritans, Papyrus.
- Useful self-help contact numbers
- **NHS** – Every Mind Matters
- Link to effectively managing your mental health
- www.nhs.uk/oneyou/every-mind-matters

USING TECHNOLOGY

- Useful Apps
- BIH
- NHS
- Mind

OTHER USEFUL SUPPORT AS REQUIRED

- 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.



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**