

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 8:45am until 5:30pm

Email: enquiries@cosmic.co.uk

Office number: 01283 716333

(Out of hours 24-hour mobile: 07780 602250)

Cosmic People – *Realise your potential!*