

Peer Mentoring Program Proposal

Introduction

The ILC Peer Mentoring Program is a collaborative undertaking by the Independent Learning Centre (ILC) and C.W. Chu and Morningside Colleges. The pilot program would run during the Fall term of CUHK's 2014-2015 academic year.

Its primary purpose is to facilitate first year undergraduate students' successful transition to higher education, with an emphasis on learning to learn independently. Mentoring by senior students is the means by which the transition is supported.

Mentors will be trained by the ILC (with support from the Office of Student Affairs regarding the development of student counseling skills), and closely supported throughout the program by an ILC Lecturer. By engaging in the program, mentors also benefit by acquiring or improving a range of skills that are highly relevant to their future working lives.

Intended learning outcomes for mentees

- Development of study skills that are appropriate for higher education
- Knowledge about campus and virtual learning resources and facilities
- Appreciation of ways to foster positive relationships with fellow students and faculty members
- Awareness of campus activities that encourage student involvement

Intended learning outcomes for mentors

- Initial development of training and counselling skills
- Improvement of communication skills
- Increased empathy through identification with challenges faced by mentees
- Enhanced capacity for reflection on learning (metacognition)

In addition, for mentors and mentees alike, it is hoped that the program will result in the following:

- Increased confidence and motivation
- Stronger sense of belonging to CUHK
- Heightened intercultural sensitivity
- Improved personal and inter/intra personal interaction
- Improved communication, critical thinking and problem solving skills

Schedule

Stages	Dates (tbc)
1. Promotion to potential mentors	
2. Selection of mentors	
3. SDLRS/LASSI* (mentors)	
<p>4. Training sessions for mentors: How to be a peer mentor</p> <ul style="list-style-type: none"> • mentoring and counselling skills • time management / planning studies • stress management & motivation • collaborative learning skills • revision and exam preparation techniques • concentration & memory skills • learning resources & tools • learning styles and strategies 	<p>September:</p> <p>3 – 4 sessions on Fridays 11:30am – 1:30pm</p>
5. Promotion to potential mentees	
6. Selection of mentees	
<p>7. Orientation sessions:</p> <ul style="list-style-type: none"> • introduction to mentoring roles • allocation of mentees to mentors • icebreaking activities • establishment of code of conduct • provision of handbook • SDLRS/LASSI (mentees) 	<p>September:</p> <p>1 – 2 sessions in evenings 7:45 – 8:45pm</p>

<p>8. Mentoring Phase 1 (with ongoing support)</p> <ul style="list-style-type: none"> • weekly meetings with ILC Lecturer 	<p>October</p>
<p>9. Early formative feedback:</p> <ul style="list-style-type: none"> • mentees ↔ mentors 	
<p>10. Mentoring Phase 2 (with ongoing support)</p> <ul style="list-style-type: none"> • weekly meetings with ILC Lecturer 	<p>November</p>
<p>11. Closing session:</p> <ul style="list-style-type: none"> • evaluations • SDLRS/LASSI (mentors & mentees) 	
<p>12. Awards ceremonies at Colleges</p>	
<p>13. Program review by ILC and Colleges</p>	

*Self-Directed Learning Readiness Scale (SDLRS) & Learning and Study Strategies Inventory (LASSI)



The Independent Learning Centre

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Details

Attendance

100% at training and orientation sessions (except for illness/emergency)

Deposit

HK\$400 (refundable after program completion)

Awards

- Certificates of Completion
- HK\$1000 scholarship for mentors
- Testimonials for mentors

Handbook contents:

- Guidelines for mentors and mentees
- Supervision structure
- Codes of conduct / Agreements
- Confidentiality statement
- Meeting forms:
 - mentor/mentee
 - supervisor/mentor
- Evaluation forms:
 - self
 - peer
 - program