

STUDENT LIFE ORIENTATION OPPORTUNITY

JOIN THE NCEDANA PEER MENTORING PROGRAMME

- Will you be a first year student at RU in 2021?
- Wondering what uni life will be like?
- How might it be different from school?
- How do you succeed academically at university?
- How does online teaching and learning work?
- How will you find your place in the community?
- What is a faculty, and how does that work?
- What will be expected of you?
- What's on offer at Rhodes - and how can you get involved?

If you have more questions than answers at the moment, that's understandable!

What is the NCEDANA Peer Mentoring Programme?

The Ncedana Student Peer Mentoring Programme is a cross-faculty project which aims to offer you ways of figuring out the answers to the above and other questions - with the guidance and support of your own student mentor. This is someone in the same faculty as you who has already 'been there' and succeeded.

You'll get together with your mentor and a few other first years online once a week in a relaxed and confidential context to talk about whatever's happening for you. Should you have particular queries or concerns, your mentor will also refer you to relevant specialists within the university. Mentors will participate in initial mentor training with the university and they will also receive ongoing support so that they are well-placed to assist you.

If you're interested in JOINING a MENTORING GROUP, email:

- (1) your name,
- (2) student number,
- (3) cell phone number, and
- (4) contactable email address to

Varaidzo on: mentoring@ru.ac.za as soon as possible as spaces are limited.

Should space allow, however, first years are welcome to join any time up until the end of first term. You will be contacted with details from your

mentor as soon as possible in the new term.

NB note: If you are registered/registering for Pharmacy 1 or the Extended Studies Programme - you will be joining the TAI Mentoring Programme so there's no need to sign up for Ncedana as well. You'll be contacted about TAI early in the first term.



NCEDANA = help each OTHER

HOW MUCH TIME WILL MENTORING TAKE?

You'll get together once a week for about 45 minutes to talk with your mentor and other first years in your group.

HOW LONG DOES THE PROGRAMME RUN FOR?

The first semester (i.e. terms 1 & 2) with the option of meeting for 3 sessions in 3rd term.

WILL IT COST ME ANYTHING?

Not a cent - it's a **FREE SERVICE**.

CAN I OPT OUT?

YES. If you've participated in one or two mentoring sessions and decide that it's not for you, just let your mentor know that you have decided to opt out.



Ncedana
Peer Mentoring Programme

 **QUERIES?** Email Varaidzo on mentoring@ru.ac.za



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“ WHAT DO PREVIOUS FIRST YEARS SAY ABOUT HAVING A MENTOR? ”

We [first years] were taught to problem-solve. Give each other advice. Listen to each other. Share our situations. We learnt to trust and be comfortable around each other.

I found that being in my mentor group helped me feel like I belonged to Rhodes as a first year.

My mentor offered us guidance on how to study, how to manage time, prepare for exams, how to balance your life.

My mentor was helpful, generous, insightful, knowledgeable, motivational, encouraging and ambitious.

The advice I got from my mentor was about how to deal with academic stress, how to succeed academically.

Most importantly my mentor helped us to fit into the Faculty at large.

It got me used to the life at Rhodes – it made me sure of my academic choices...gave me a way to communicate with different people from the university.



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