

One to one support

The Student Mentor Scheme offers extra support to any student, upon request, when they arrive at their accommodation. We can arrange for a Student Mentor to meet you over the first few days or even make contact by email before you get here. This support can be one-off or on a more regular basis depending on your needs.

This type of support can be utilised by any student that would benefit from having extra support with settling in, adjusting and familiarising themselves with their new surroundings and university life e.g. international students, students with disabilities, or anyone that feels nervous and a little overwhelmed.

This support can continue for as long as you need, therefore it can be on-going throughout your time living in university accommodation.

If you are interested in receiving some extra support please get in contact with us before you arrive!

Here are a few quotes from students who have received our extra support:

"During our meetings, we discuss things like budgeting, my course, my family life and my anxieties. I believe it is essential for me to have support from a Student Mentor – she makes me feel comfortable and reassured."

"I found coming to university as a disabled student a completely daunting prospect and having a Student Mentor pop in to see me every now and again was such a relief. It was great to know there was someone there to ask the smallest of questions, and they always go the extra mile to help."

"My Student Mentor has an in depth understanding of student life, and therefore knows exactly how to advise me and help ease my worries. I have had a lot of experience of mental health professionals in the past, but their support doesn't compare to my Mentor."

"My Student Mentor has made my first year at university so much easier; she is truly inspirational to me. I couldn't wish for a more perfect Mentor."

A word from the Mental Health Advisory Service

"In recent years the Student Mentor Scheme has become a key service for students registered with the Mental Health Advisory Service. In the first few weeks week or so at university the service can help students to manage potential practical obstacles that could otherwise cause a great deal of anxiety and stress. The Student Mentor Scheme is what sets the University of Birmingham apart from other universities, helping to create a welcoming and inclusive environment for all."

Tailoring our service to meet your needs

Due to the uniqueness and diversity of all our students at Birmingham, we strive to tailor our service to meet your individual needs, for example...

- You may be an international student who is experiencing living in the UK for the first time.
- You may be a postgraduate student, who has already experienced life as an undergraduate student.
- You may be a student who has a disability which makes moving to new surroundings all the more daunting.
- You may simply have never experienced living in shared accommodation before (which is probably the majority of you!).

Beyond Welcome Week

After the excitement of Welcome Week is over, we can help you with a variety of issues including:

- Shared living and accommodation related issues (help you to solve flat disputes or flatmate issues, advice on Househunting when/if you move into the private sector)
- Academic studies (Support you with the transition into independent learning, extenuating circumstances, tips on coping with exam stress or even advice about plagiarism)
- Financial matters (Help you with budgeting, tips on how to save money, extra sources of funding, help finding part time work and enhancing your employability)
- General wellbeing whilst studying and living at university (Help settling-in, homesickness, support with personal issues you may experience, advice on personal safety, or simply needing someone to talk to).

You are also welcome to drop-in to the Mentor Welfare Office when you require any advice or support, or simply would just like to talk to someone.



"Life can throw up all sorts of problems - academic or personal, so it is worth remembering the vast amount of support that's available. Student Mentors, in particular, provide an invaluable service to the entire student community because we act as a first port of call for the students who need that help."

Contact us!

The Student Mentor Scheme encourages new students to make contact with the service before you arrive so we can keep you up-to-date with our events taking place during Welcome Week and throughout the year.

The best way to do this is to 'Like' us on [facebook.com/studentmentorscheme](https://www.facebook.com/studentmentorscheme) you can also follow us on Twitter [@StudentMentors1](https://twitter.com/StudentMentors1)

If you are interested in receiving extra support or simply want to find out more about the Student Mentor Scheme, please email us: mentorwelfare@guild.bham.ac.uk or phone us: **0121 251 2395**.

Or, pop into our office, which is located in Shackleton on the Vale, and say hello!

Whatever you need help with, and whenever you need it, the Student Mentor Scheme is here for you.

We all look forward to welcoming you in September!



"I wanted to be a Student Mentor as I saw the overwhelming amount of support the Scheme provides to students during my first year as a fresher."



First year absolutely flew by and living in university accommodation was a great experience. As a Student Mentor, I hope to provide support to new first year students in the hope that they'll enjoy first year just as much as I did!"

