

# Signpost

## Mentoring

*Let us help you find your way  
at University*

*A Peer Mentoring scheme  
to support our students*



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## Mentoring

*Let us help you find your way  
at University*

*Friendly, confidential, one-to-one advice  
on any aspect of university life*

*A Peer Mentoring scheme for  
all students to help you:*

- Achieve your potential
- Settle down in University life
- Plan for the future
- Make the most of your time at University



### What is the scheme?

Signpost is a peer support scheme designed to enable students to make the most of their time at University. The Peer Mentor can help with any aspect of life at university, whether academic, social, or financial. Acting as a link to services available for students within the university, the Mentor can also help with organising your studies and finding motivation.

### How does it work?

Mentors in the Signpost scheme are either 3rd year undergraduates or postgraduates. They have been trained to deal with many of the issues that students face at University and they have all been 1st years themselves! Each student can have around 3 one-to-one meetings with their Mentor each semester and email support between meetings.

### Who can benefit?

Any student can benefit from Mentoring! Mentoring could help you if you

- are confused about your future
- are feeling homesick or just need more time to settle in
- need help with time-management
- would like to talk to someone about your progress
- are not sure about what AU can offer
- have additional pressures outside your coursework

If you think Peer Mentoring sounds like a good idea for you, contact:

signpost@aber.ac.uk  
Tel: 01970 621761

Or find out more by visiting the Signpost Mentoring webpages:

[www.aber.ac.uk/en/student-support/our-services/signpost-mentoring/](http://www.aber.ac.uk/en/student-support/our-services/signpost-mentoring/)