International Student Mentorship Program (ISMP) Information Sheet

What is the International Student Mentorship Program (ISMP)?

Through the ISMP you can request to be partnered with an experienced U of M student who will serve as a point of contact and support during your transition to the U of M and Winnipeg. All Mentors in our program have been trained on how to provide peer-to-peer personal, academic, and intercultural support for new international students.

You and your Mentor will arrange weekly meetings and your Mentor is also expected to communicate via e-mail or text as needed. **You and your Mentor will be partnered for the entire academic term (September - December or January - April). The time commitment for this program is 18 hours throughout the term.**

Who will your International Student Mentor be?

Your Mentor will be an experienced U of M student who has been studying here for **at least one year**. On the Request for an International Student Mentor form, you have the option of requesting a Mentor who is:

- Male/female
- From your country of origin

Since the Mentors are volunteers, we can’t **guarantee** that you will get your exact request (or that your Mentor will be in the same faculty/program) but we will always **do our best** to make appropriate matches.

When will you be matched with your Mentor?

You can submit your Request for an International Student Mentor form prior to your arrival or once you’re on the U of M campus.

- If you submit it **prior** to your arrival in Winnipeg, you will be matched with your Mentor before you leave your home country and they can provide pre-arrival support via e-mail or online messaging.
- If you submit the form **after** your arrival in Winnipeg, you will be matched with a Mentor as soon as possible and it will be the responsibility of you and your Mentor to set up the date and time of your first meeting.

How will you meet your Mentor?

Whether you are matched with your Mentor before or after your arrival in Winnipeg, it is the responsibility of you and your Mentor to set the date and time of your first meeting, and the rest of your meetings throughout the term. This makes the program very flexible and accessible for all participants!

Your first meeting will take place in the lounge at the International Centre (IC), 541 University Centre. You will receive a map to this location in the introductory message between you and your new Mentor.
What can my Mentor help me with?

The Mentor that you are paired with is meant to be your first point of contact and someone that you can reach out to during your first term at the University of Manitoba. Here are some examples of what your mentor can help you with, and what they can’t help you with:

<table>
<thead>
<tr>
<th>What my Mentor CAN help me with:</th>
<th>What my Mentor CAN’T help me with:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important tasks when you first arrive:</td>
<td>• Pick you up from the airport</td>
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<tr>
<td>• Getting a student card</td>
<td>• Let you stay at their house when you first arrive</td>
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<tr>
<td>• Registering for classes</td>
<td>• Help you find a place to live</td>
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<td>• Finding your classes</td>
<td>• Take you around Winnipeg in their car</td>
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<td>• Identifying the libraries on campus</td>
<td>• Edit your essays or assignments</td>
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<td>• How to navigate the tunnels on campus for</td>
<td>• Tutor you in English</td>
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<tr>
<td>when it’s cold outside!</td>
<td>• Give advice on which courses to take</td>
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<td>• Paying your tuition</td>
<td>• Helping you find professional support if you are</td>
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<td>• Touring around campus</td>
<td>having problems with coursework</td>
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<td></td>
<td>• Inform you about programs on campus for you to get involved in and meet even more people!</td>
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Support throughout your first term:

• If you miss your home/family
• If you need to talk to a peer (your Mentor) or a professional on campus about personal issues
• If you need to find a specific resource on campus (tutor, writing help, etc)
• Introduce you to other students & student groups
• Help you understand your new cultural context
• Giving you tips on how to prepare for the winter
• Giving you advice on great restaurants, ethnic food stores, home and clothing shops, and sights in Winnipeg
• Helping you find professional support if you are having problems with coursework
• Inform you about programs on campus for you to get involved in and meet even more people!

Where Can I Get More Information?

For more information about the ISMP, please contact Sibeso.Maswenyeho@umanitoba.ca.