

New Student Peer Mentoring Program: New Students - Winter 2021

New students in the New Student Peer Mentoring Program (NSPMP) will meet virtually with both mentors and other first-year students as they transition into their first year of university. New students will also gain valuable skills during monthly meetings that are geared towards first-year students and their success in university. These online sessions include but are not limited to topics such as goal setting, campus resources, effective study strategies, and maintaining balance.

***Note: all meetings and events are being held online in Central Standard Time (CST).**

As a new student in the NSPMP, you will...

- Build a mentoring relationship with an upper-year U of M student (Peer Mentor) and have access to additional drop-in mentoring/coaching services (Peer Helpers) as needed
- Learn skills that will contribute to your success in university
- Practice setting goals for your personal growth and learning
- Gain awareness of resources and support services on campus
- Reflect on experiences and personal growth for application in your future

Additional benefits:

- Participate in monthly social events where you can meet new people and make friends
- Connect with a community of first-year students
- Become informed about events and programs on campus

Development Focus:

- Self-awareness & personal strengths
- Resilience and confidence
- Problem solving
- Interpersonal communication

Required Program Dates (January 2021 - April 2021)

*All meetings and events are held online, including one-to-one meetings with Peer Mentors/Peer Helpers

- Welcome Session – Friday, January 8, 2:00 – 4:00 PM CST
- Regular one-to-one meetings with a Peer Mentor/Peer Helper (a minimum of two hours)
- Monthly New Student Workshops
 - Thursday, January 14, 4:00-6:00 PM **or** 6:00-8:00 PM CST
 - Thursday, February 11, 4:00-6:00 PM **or** 6:00-8:00 PM CST
 - Thursday, March 11, 4:00-6:00 PM **or** 6:00-8:00 PM CST
 - No meeting in April
- At least one social event hosted by the Peer Helpers
 - Wednesday, January 20, 6:00 – 8:00 PM
 - Saturday, February 27, 1:00 – 3:00 PM
 - Wednesday, March 17, 5:00 – 7:00 PM

Requirements / Eligibility:

- Undergraduate student in any faculty/program starting at the U of M in Winter 2021
 - Students who started in Fall 2020 or who are starting in Summer 2021, please contact the Student Life team at peermentor@umanitoba.ca for more information
- Registered (or intending to register) for U of M classes in the Winter 2021 term

APPLY BY JANUARY 7, 2021:

<http://umanitoba.ca/student-supports/get-involved/nspmp-new-student-app>