

Specialist Mentors (ASC & Mental Health)

Role Purpose:

To provide strategies to manage the impact of the condition or impairment on the student's academic experience, with reference to the student's Disabled Students' Allowance (DSA) Needs Assessment where possible. To assist students to recognise the barriers to learning created by their condition or impairment and support them in developing strategies to address these barriers. This could include a range of issues, for example, coping with anxiety and stress situations, how to deal with concentration difficulties, time management, prioritising workload and creating a suitable work-life balance.

Role Activities:

Specialist Mentors will:

- Provide individual specialist support to the student on course, help with transition into university, attend meetings with tutors, assist with time management skills and organisation, offer pastoral support and signpost to other support services when necessary.
- Demonstrate high standards of professionalism, maintain professional boundaries. Develop a rapport with a student, offer weekly support sessions or to try to accommodate flexibility with 1:1's.
- Be a first point of contact for a student within working hours for advice and guidance. A mentor may not get back to the student immediately depending on their work commitments with other students. Any academic work-related queries can be included in the next support session. However, questions that need a more urgent response can be sent to inclusionteam@edgehill.ac.uk

Specialist Mentors can:

- Support a student in the development of practical strategies in relation to managing university life and academic routine (academic timetables, assignment deadlines for example).
- Suggest practical strategies and wellbeing habits to support academic performance and reduce academic anxiety (study/relaxation schedules, eating/sleeping habits/exercise opportunities, booking appointments with tutors).
- Explore and identify appropriate solutions to queries and issues affecting academic performance (look at assignment feedback, attendance).
- Signpost the student towards other sources of guidance, support, and societies/recreational activities where appropriate (Money Advice, Wellbeing Team, Students' Union, Campus Life).

Specialist Mentors are not responsible for:

- Making sure a student has taken their medication.
- Making sure the student is up in time for lectures/meetings.

- Arranging a student's shopping or laundry.
- Resolving any issues in Halls with fellow students or reporting any job that needs to be fixed be in accommodation.
- Directly helping a student to make friends, (although strategies around conversations and finding suitable activities outside of study are).

University is an independent living and learning environment, and although we pride ourselves on our supportive values and actions, we do have expectations of our students too. Our expectation is that students can engage independently with studies with appropriate reasonable adjustments, that they can access the support services available to them and can understand when they may need to ask for help, even when it may be difficult.