

PEER MENTOR STUDENT COORDINATORS

Peer Mentoring is a support network for students. We are the six 3rd year medics (Annie, Caitlin, Georgia, Lauren, Mimi and Ollie) that have been chosen to run the Peer Mentor Scheme (also known as 'Mummies and Daddies' Scheme). We were all peer mentors in 2nd year, and now it's our job to ensure the smooth running of the scheme this year, making sure your 'Mummies and Daddies' are fulfilling their role as peer mentors. We have been responsible for the selection of a wonderful group of 2nd year students who will be your peer mentors for the duration of your first year and hopefully beyond – some of us know our great grandparents who are now doctors!

We will be here throughout the year to:

- Support your new 'families' and ensure you and your peer mentors have the support needed throughout the next year.
- Plan and organise social events.
- Continually improve the scheme, so your first year as enjoyable as it can be.

If you have any queries, or ideas about how the Peer Mentor Scheme can be improved, please feel free to contact us at:

mentor.medics@live.manchester.ac.uk

You can also like us via our Facebook page: '**Mummies and Daddies 20/21**'

<https://www.facebook.com/mummydaddy2020/>



(left to Right): Oliver, Annie, Emilia, Caitlin, Lauren and Georgia

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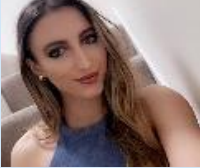
We aim to ensure that you have an amazing first year and that you feel supported all the way through your time at Manchester by your peers. Although your 'Mummies and Daddies' are your first port of call for help, we are a friendly bunch and are always willing to lend an ear, should you wish to speak to us instead.

Annie Brook

Hey, I'm from London and now based at Salford

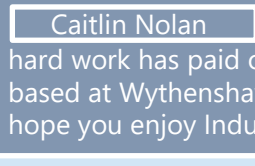
Well done on getting into Manchester, we are here to help you settle in and kick off what should be an amazing 5 years. Please message if there's anything you want to know, we've all been where you are now.

See you guys soon!



Caitlin Nolan

Hi, Congrats on getting into Manchester all your hard work has paid off! I'm sure you will love it as much as we do. I'm based at Wythenshawe hospital so feel free to ask me any questions! I hope you enjoy Induction and I'm looking forward to meeting you all!



Emilia Smith

Hi, Well done for getting into Manchester!!

I really hope you love your time here. It's a great city and medical school! My name is Mimi and I'm from Devon. If you ever have any questions feel free to message me! I can't wait to meet you all!



Georgia Maple

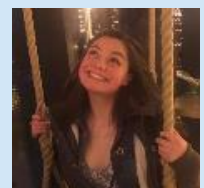
Hi! I'm based at Preston. These next 5 years are going to be full of new experiences, both in and out of university. I hope we can help you have the best time possible. Have fun trying new things, and feel free to message me if you have any questions!



Lauren Hargreaves

Hey I'm Lauren and I'm from North Wales.

I'm excited for you to start your first year as it's a great experience and I hope you're looking forwards to it too! I am based at Salford so if ever you see me, come and say hi!



Oliver Biggs

Hi! I'm Ollie, I'm from Devon and I am based at Preston Hospital. Massive congrats to The years of hard work have finally paid off and I'm sure you'll have an amazing time. I'm looking forward to meeting and welcoming you all!



HOW IT WORKS! 'PEER MENTORING'

Starting in Year 1: During your Welcome and Induction week, you will have your 1st meeting with your Problem Based Learning (PBL) group and your peer mentors (your "Mummies" and "Daddies"). Each PBL group has up to 12 students and 3 or 4 Peer Mentors are assigned to your group. Your medic parents will be second year students, who will be responsible for helping you during welcome week and support you during the upcoming year.

Starting in the Foundation Year: A104/A204 Foundation Year students are also allocated Peer Mentors. During your Welcome and Induction week, you will have your 1st meeting with your EBL group and your peer mentors. It is not always possible for Foundation Year students to have a Peer Mentor who has been part of the Foundation Year Programme themselves. However, Foundation Year students will have opportunities during the Foundation Year to meet and get guidance from Foundation Year students in previous years. Also, the Foundation Year course tutor, Anne-Marie Smith, will give you lots of help and support. Email: anne-marie.smith@manchester.ac.uk

Support: Your Peer Mentors are there for you to talk to about anything that is concerning you. They will help you settle in and they have been trained to give you effective support. They were in your position last year but are now a year older and (hopefully!) wiser, so don't be afraid to confide in them as it is their role to give you guidance. However, should you experience any problems either at University or even during your time at home, it is important to get in touch with someone that can help as soon as possible. They will know who to turn to with any problems, so remember - you are never alone at university, **there is always someone willing to listen!**

Academic Advice: It is important to note that the Peer Mentor Scheme does not offer academic support. The exams and the course vary from year to year and their advice may be incorrect and even unhelpful. They can, however, advise you on matters such as time management and coping with exam stress. Later in this booklet will direct you on who to ask for academic help.