

# REAL TALK...

THE FIRST YEAR OF COLLEGE IS INTIMIDATING

NEW SCHOOL  
NEW FRIENDS  
NEW ENVIRONMENT

IT'S A TOUGH TRANSITION FOR ANY  
FIRST-YEAR COLLEGE STUDENT

## THE FACULTY STUDENT MENTOR PROGRAM

IS HERE TO HELP MAKE THAT  
TRANSITION EASIER

AND YOUR ROLE AS A

### PEER MENTOR

IS IMPORTANT IN HELPING MAKE THAT TRANSITION  
A LITTLE LESS INTIMIDATING FOR YOUR MENTEE

### NEED HELP CONNECTING WITH YOUR MENTEE?

HERE ARE **5** STRATEGIES TO HELP YOU  
CONNECT WITH YOUR MENTEE AND BUILD A  
SUCCESSFUL PEER MENTOR-MENTEE  
RELATIONSHIP



### FACULTY STUDENT MENTOR PROGRAM

OREGON STATE UNIVERSITY  
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KAYLEEN.ENG@OREGONSTATE.EDU  
LEADERSHIP.OREGONSTATE.EDU/FSMP

# RELATIONSHIP BUILDING STRATEGIES FOR PEER MENTORS



# CONNECT WITH YOUR MENTEE

## WITH THESE FIVE RELATIONSHIP BUILDING STRATEGIES

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### 1. DEFINING Know Your Roles

Establish who you are to each other

**PEER MENTOR** - an experienced student helping guide new students through their first year of college; a guide; a friend; a helper

**MENTEE** - a new student, open to receiving advice about how to navigate college

### 2. SHARING Relate to your Mentee

**SHARE PERSONAL EXPERIENCES** with your mentee. Talk to your mentee about your own personal struggles and successes

**BE RELATABLE.** Share with your mentee that you have been through similar experiences

### 3. CARING Befriend your Mentee

**EXPLORE INTERESTS** with your mentee. Show your mentee that you're there as a FRIEND too and that you care about their interests

### 4. COMMUNICATING Be Present with your Mentee

**HONESTY** - Be honest with your mentee about your personal experiences, don't sugarcoat anything

**BE AVAILABLE** - Let your mentee know that they can always come to you for help or advice

**ASK OPEN ENDED QUESTIONS** - prepare broad questions ahead of time that will help get the conversation going



### 5. SUPPORTING Create a Safe Environment

**CREATE A SAFE SPACE** for your mentee. Creating a supportive and welcoming environment will help your mentee feel comfortable, safe and supported

