

# Peer Mentoring

**Peer Mentors are returning students who have successfully navigated their first year at Confederation College. They are here to help first year students make a smooth transition to College Life.**

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Starting College can be an anxious time whether you are coming straight from high school or you are a mature student returning to College to retrain for a new career. Confederation College wants to help you adjust to your new surroundings, so we have developed a comprehensive network of support to help you with this transition and the challenges that you will experience during your first year.



## Benefits of Having a Mentor:

- Your mentor can provide you with a familiar face and is available to walk you through your first week at college.
- Your mentor can point you in the right direction when you don't know where to go.
- Your mentor can offer you insight into the things that only experience can teach.
- Your mentor can motivate you and encourage you when times get tough.
- Your mentor can expose you to diverse perspectives and experiences and help you broaden your horizons.
- Your mentor can be a trusting friend.
- Your mentor will tell you the truth because their primary objective is to make sure you are successful.

Apply for a Peer Mentor at <http://www.confederationcollege.ca/peermentoring>