

FCO Peer Mentorship Program

FAQ

1. What are the benefits of becoming a mentee?

Meeting a mentor who has experience navigating the university and building a support system are important benefits you can enjoy as a mentee in the U of T Family Care Office. The life of a student is hectic and stressful, and it can be yet more complicated for students with family responsibilities working to balance family and school life. It often means having to deal with unexpected family emergencies, juggling multiple responsibilities at home and sometimes working with flexible schedules. For incoming students, connecting with a peer mentor can ease the transition to school life. For all students with family responsibilities, being a mentee is a great way to learn coping strategies and to feel supported.

2. How do I know my mentor and I will be a good match?

We request that mentors are at least in their second year at U of T. Our goal is to ensure that our peer mentors are able to provide support to new mentees. We do our best to match their experience as students with family responsibilities with mentees who have similar profiles (i.e. faculty, age of children, grad/undergrad, type of care giving). All of our mentors receive training and ongoing support from our FCO staff. In any case, if a match is not satisfactory, mentees and mentors can communicate that to the office and another mentor will be arranged.

3. How do I become a mentee?

Becoming a mentee is easy! Send us an e-mail with your request. In order to better match you with a mentor, we need to know the program/year you are enrolled in, the age of your children, and the main reason you need a mentor.

4. I want to join your Peer Mentorship Program, but I am afraid I won't have enough time.

We understand that life as a student with family responsibilities is hectic and for that reason we have ensured that our mentorship program aligns with these demands. We encourage mentors and mentees to use communication methods that best work with their needs and are agreed upon by both, from e-mails and phone calls to a brief meeting at a café, and as many interactions as you see fit. Whatever works for you and your mentor.