

FCO Peer Mentorship Program

Why be a Mentor?

1. Why should I join the FCO Peer Mentorship Program?

Becoming a mentor at the Family Care Office is a rewarding experience! You will gain mentorship skills, while developing interpersonal abilities and meeting new people. The program offers training and the ability to partake in various family events throughout the school year. Also, our mentorship program is recognized by the Co-Curricular Record, which means you will earn credit towards your [CCR](#).

2. Do I need to be a parent to become a mentor?

Most of our mentees are student parents who are looking for practical tips and advice on how to juggle the demands of student and family life. However, our mentees might be caregivers to a parent, an elder, or someone else in their lives and request a mentor with these particular experiences.

3. I just started my program this fall, can I become a mentor?

We request that our mentors have been enrolled in their program for at least one year. During the first year of your program, you will gain practical experience navigating life as a student with family responsibilities that will allow you to become a better mentor. The first year of your program is also critical to your own learning as a student with family responsibilities and it may be difficult to juggle multiple responsibilities.

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

We only request that our mentors devote 2 to 3 hours monthly. We understand that life as a student with family responsibilities is hectic, 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 adapt to their needs, from e-mails and phone calls to a brief meeting at a café. Whatever works for you and your mentee!

5. Do you provide training?

All our mentors receive training before they are able to take on a mentee. In addition, we encourage our mentors to take advantage of the resources available through the Student Life Mentorship Program. We are also happy to provide on-going support to our mentors by making an appointment with our staff at the Family Care Office.