

Students Helping Students A Peer Mentoring Approach

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**What challenges do students face?
How can we best support them?**



What has been your experience?

Go to **www.menti.com** and use the code **37 17 31**



1

Grab your phone

www.menti.com|

2

Go to **www.menti.com**



3

Enter the code **37 17 31** and vote!

What does the research indicate?

Top three things students agree are challenging about college...



63%

Tuition &
loan costs



57%

Balancing
school & job



41%

Doing well
in classes



Source: McGraw-Hill Education 2016 Digital Study Trends Survey.

What does the research indicate?

Of the 7.3 million full-time undergraduates attending four-year public and private nonprofit institutions, about 20 percent are the first in their families to go to college. (The New York Times, 2015)

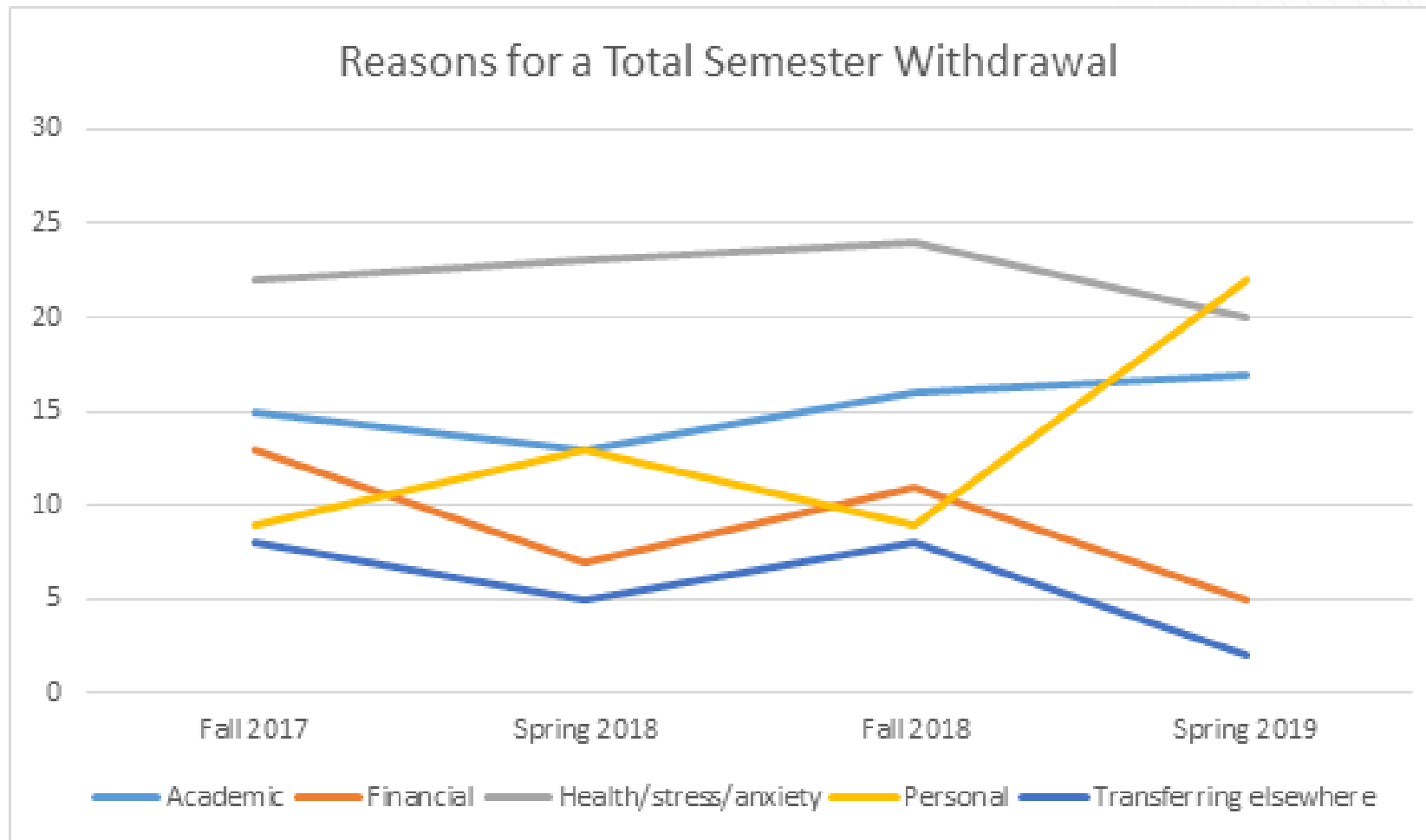
According to the National Center for Education Statistics, student borrowers took out an average of \$7,600 in student loans. Parents of undergraduates borrowed an average of \$14,000 in federal Direct PLUS Loans. (National Postsecondary Student Aid Study, 2015)

	<u>Male</u>	<u>Female</u>	<u>Total</u>
Felt things were hopeless	38.3%	48.8%	45.3%
Felt exhausted (not from physical activity)	73.2%	86.1%	81.6%
Felt very lonely	49.9%	61.2%	57.3%
Felt very sad	51.0%	66.3%	61.0%
Felt so depressed that it was difficult to function	26.7%	33.4%	31.3%

(American College Health Association [ACHA], 2012)



What does IUP data show?



What does IUP data show?

In 2018-2019, the average annual federal and personal loans for our students was \$13,319

In 2018-2019, 1,563 students visited the Walk-In Tutoring Center for academic assistance.

The Department for Disability Access and Advising, registered over 800 students to receive services in Fall 2019

1,261 students visits the University College in Fall 2019

This fall, 933 students received counseling at the IUP Counseling Center, 131 students worked directly with our Clinical Case Manager and 12 students were admitted to an inpatient mental health facility

2,121 IUP students selected "First Generation Student" on their current FAFSA form

One student's story..

Meet Emily



STUDENTS AND SOCIAL ISSUES

Bullying

JANUARY 15, 2020

STUDENTS AND SOCIAL ISSUES



'Are You Thinking About Suicide?'

MARY ELLEN FLANNERY

Every high school teacher—and many educators of younger students—knows a student considering suicide. But these young people can be kept safe, experts say.

"Today's teens are the most anxious and depressed ever, according to health surveys. In 2017, about 10 percent experienced "a major depressive episode with severe impairment, ' according to the National Institute of Mental Health." "Meanwhile, a 2019 CDC report shows the number of people dying of suicide jumped 56 percent between 2007 and 2017, outpacing any other group. Researchers have struggled to say why, but point to a variety of possible root causes, including social media and smartphones, bullying, and lack of community."

NEA Today, January 2020



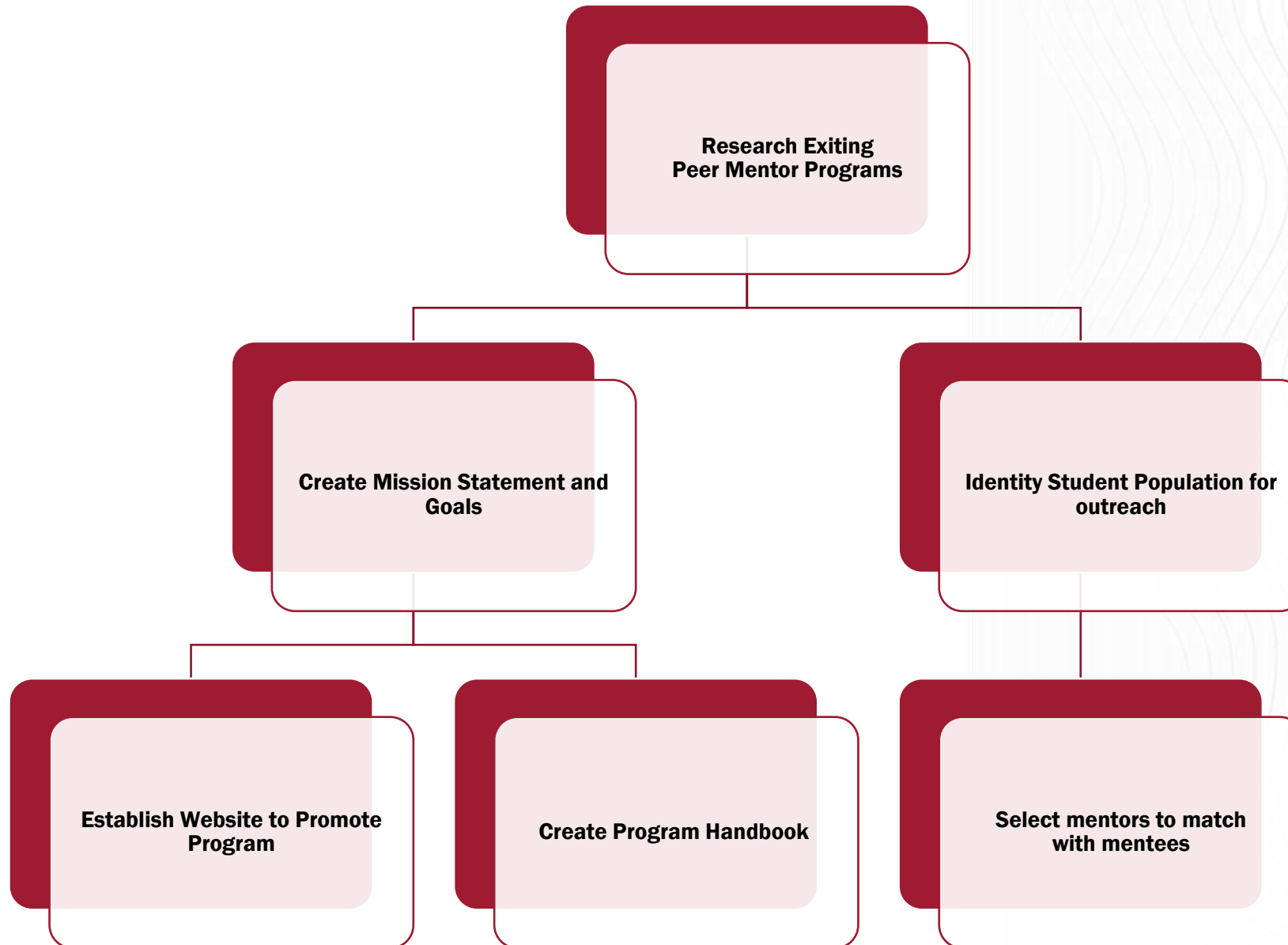
A study conducted on student's sense of belonging showed the importance of engaging students in defining what holistic social connectedness looks like on campus. Interventions such as orientation experiences, first-year seminar courses, mentoring and promoting more intentional engagement with campus activities have all been shown to improve students' sense of belonging, and their persistence.

Source: Davis, G. M., Hanzsek-Brill, M. B., Petzold, M. C., & Robinson, D. H. (2019). Students' Sense of Belonging: The Development of a Predictive Retention Model. *Journal of the Scholarship of Teaching and Learning*, 19(1). doi: 10.14434/josotl.v19i1.26787

Peer Mentoring Program Time-line



Peer Mentoring: Create Structure



Mission statement: Connect first year students to the university, develop a support network, and enhance critical thinking skills.

ACADEMIC SUCCESS CENTER

← Office of the Student Advocate

Peer Mentoring Program

Peer Mentors

PEER MENTORING PROGRAM

The LEAD and University College Peer Mentoring Programs provide the opportunity to strengthen students' experience on the IUP campus by connecting them with an upper-class mentor who is pursuing similar career goals, or who has a similar background, concentration, or academic interest.

ATTEND IUP

GIVE TO IUP

Students WILL:

Learn from the experience of IUP student leaders

Explore academic resources and opportunities

Advance as a student leader through the encouragement and support of your peers

Develop strategies for managing and balancing your personal, social, and academic experiences

Mentors WILL:

Listen to the needs and concerns of first-year students

Encourage first-year students to set and achieve goals

Assist with navigating campus resources

Display an open mind and positive attitude

Peer Mentoring: Campus Wide Partners

Mentee Participation

Admission Category

Promising Scholars
and Business Honors

Referrals
from faculty, D2A2,
Labyrinth Center, OHRLD

Self-referral Form in
Student Portal

Academic Support

First Year Experience-
Advisors

First Year Experience-
Curriculum

Univesity College-
Student Success
Specialists

Crimson Common Hours

Mentor Participation

Faculty Staff Nomination
Form

Application in
Student Portal

Peer Referrals

Promote at Campus
Events

Peer Mentoring: Student Involvement

Academic Term	Mentors	Mentees
Spring 2018	7	21
Fall 2018	13	252
Spring 2019	13	169
Fall 2019	21	312



Peer Mentoring: Outreach & Connections



Peer Mentoring: Student Interactions

Academic Term	# One-on-one meetings	# Visits to Academic Resource Room
Fall 2018	317	3873
Spring 2019	106	1728
Fall 2019	275	2141

Crimson Common Hour and Weekly Topic Examples

Week	Theme	Resources and/or Events
Week of Jan. 19	Goal Setting	1.23 My IUP Path: Majors Fair, HUB @4:00pm-6:00pm 1.23 Don't be a Note-Taking Novice (COH), 210 Stabley @6:00pm
Week of Jan. 26	Study Skills	1.29 Determining Your Interests (MCEC), 103K Stabley @6:00pm 1.30 Study Skills (COH), 210 Stabley @6:00pm
Week of Feb. 2	Understanding Diversity	2.6 Tackling Test Anxiety (COH), 210 Stabley @6:00pm
Week of Feb. 9	Getting Involved	2.10 Six O'Clock Series: Business Attire Fashion Show (CPDC), HUB @6:00pm 2.12 Skillset Identification (MCEC), 103K Stabley @6:00pm 2.13 Preparing for Registration (COH), 210 Stabley @6:00pm 2.14 Winter Warm-Up events, KCAC, @9:00pm-6:00pm Articles: 4 Reasons to Get Involved in College & 5 Tips for Getting Involved in College
Week of Feb. 16	IUP Proud: Show your School Spirit	2.16 Suit-Up Event (CPDC), JCPenney Indiana Mall @5:00pm-7:00pm 2.17 Rowing Resume Reviews (CPDC), HUB Fitness Center lobby @11:00am-2:00pm 2.19 IUP Basketball: KCAC, Women @ 5:30pm, Men @ 7:00pm 2.20 Frost Away Winter Boredom (COH), 210 Stabley @6:00pm
Week of Feb. 23	Self Reflection	2.26 Spring Career Fair (CPDC), KCAC @10:00am-2:00pm 2.26 Values in the Work Environment (MCEC), 103K Stabley @6:00pm 2.27 Managing Mid-semester Stress (COH), 210 Stabley @6:00pm
Week of March 1	Preparing for Course Registration/Meetings with Advisors	3.2 Etiquette Dinner (CPDC), Sutton Hall Blue Room @5:30pm (registration required) 3.3 Etiquette Dinner (CPDC), Sutton Hall Blue Room @5:30pm (registration required) 3.4 Finding Reliable Information (MCEC), 103K Stabley @6:00pm 3.5 Be SMART-Set Goals (COH), 210 Stabley @6:00pm
Week of March 15	Professional Networking	3.18 Alumni Panel: Metro Careers (CPDC), Elkin Hall @6:00pm 3.18 Decision Making (MCEC), 103K Stabley @6:00pm 3.19 Presenting Like a Pro (COH), 210 Stabley @6:00pm
Week of March 22	Financial Literacy	3.26 Navigating Financial Aid and Campus Resources (COH), 210 Stabley @6:00pm
Week of March 29	Pitch Perfect	3.30 Designing Tomorrow: Crafting a Life and Career of Purpose and Joy, 6 O'clock Series, HUB Ohio Room @6:00pm 4.2 Communicate Like a Boss (COH), 210 Stabley @6:00pm
Week of April 5	Career Planning	4.9 Oh Snap! Professional Head Shots Day (CPDC), location TBD @9:00am-12:00pm 4.9 Hire a Hawk (COH), 210 Stabley @6:00pm
Week of April 12	Summer Opportunities	4.15 Bb's, Budgets, and Benefits (CPDC), Elkin Hall @6:00pm 4.16 Making the Most of Summer (COH), 210 Stabley @6:00pm 4.18 Into the Streets (CPDC), Locations throughout Indiana County
Week of April 19	Transitioning home for summer	4.22 Is This Unprofessional? Debunking Myths and Workplace Etiquette (CPDC), Elkin Hall @6:00pm 4.23 Study Tip Refresher-Finals Edition (COH), 210 Stabley @6:00pm Summer Survival Kit
Week of April 26	Preparing for final exams	Study Skills and Exam Preparation Tips
Week of May 3	End of Year Gathering	Ice Cream Social!

Spring 2020 University College Crimson Common Hours

- 1.23.20 Don't be a Note-Taking Novice
- 1.30.20 Study Skills
- 2.6.20 Tackling Test Anxiety
- 2.13.20 Preparing for Registration
- 2.20.20 Frost Away Winter Boredom
- 2.27.20 Managing Mid Semester Stress
- 3.5.20 Be SMART-Set Goals
- 3.12.20 **SPRING BREAK**
- 3.19.20 Presenting Like a Pro
- 3.26.20 Navigating Financial Aid and Campus Resources
- 4.2.20 Communicate Like a Boss
- 4.9.20 Hire A Hawk
- 4.16.20 Making the Most of Summer
- 4.23.20 Study Tips Refresher-Finals Edition

All Crimson Common Hours will be held in 210 Stabley Library at 6 PM

Fall 2019 University College Crimson Common Hours

- | | |
|----------------------------------|---|
| 9.5 Hire A Hawk | 10.10 Perfecting Your #Brand |
| 9.12 Studying for College | 10.17 Preparing for Registration |
| 9.19 Campus Resources | 10.24 Vision Boards |
| 9.26 Adulting 101 | 11.7 16Personalities |
| 10.3 UC Field Day | 11.18 - 11.22 De-Stress Fest |

All events start at 6:00 p.m. in 210 Stabley

Peer Mentoring: Testimonials

"They were there for me when I needed them, when I was stressing, my mentor basically helped me throughout the whole year." -Mentee

"My peer mentor was helpful by telling me about campus activities/events."-Mentee

"I believe we both learned and grew from our interactions. I shared my knowledge and my mentees shared their excitement, which was much needed during my senior year." - Mentor

"My mentee was always there and she sent us emails informing us about what was going on." -Mentor

"I love having the opportunity to interact with an upperclassmen who has experienced and went through what I am going through now. This has defiantly made me feel more welcomed as well, since I have such a good connection with someone who is older than me, and someone who has been around campus for longer. The most beneficial part about having a peer mentor in my experience is getting major specific advice. For example; my mentor advised me to join AMSA, which has really helped me and made me feel more deeply connected to my major. -Mentee

It made me feel good to be a supportive person for them! -Mentor

I have been guided on the right track to be successful in my academics and organizations. -Mentee