



**"The programme helped me
adapt to college life,
understanding time
management/study plans
and gaining confidence by
having moral support"**

Liam, Mentee

Contact Details

Robin Croke

Access Project Officer

Email:

access.wd@setu.ie

**Foróige's Third Level
Mentoring
Programme
Mentee Leaflet**

What is Foróige's Third Level Mentoring Programme?

It is a mentoring programme that supports students who have transitioned into third level education. The programme is offered to students who are part of the college Access Programme. The programme's aim is to help and support students settle into college.



Why Get Involved

Mentees have said :

- It helped them settle into first year.
- They benefitted from having someone to talk with.
- It built their confidence around college life.
- It supported their emotional wellbeing.

Who are the Mentors?

The mentors are employees of the college, working in roles such as administration and student support. Mentors are selected based on their willingness and capability to support a student, their knowledge of the college and its processes and their interest in the welfare of college students.

What's Expected of Mentees?

Mentees meet their mentor once a month for an hour on the college campus. Mentees can meet their mentor for a coffee, get lunch together or go for a walk around the campus.

What supports are offered?

Mentees will be assigned a staff member who will support them throughout the year. Mentees can contact the staff person if they have any questions or concerns.