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# Mentoring

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## **What is mentoring?**

A service for economically disadvantaged students, provided by other students. Senior students share their study experience with junior students.

## **Who is it for?**

Primarily for first-year students who are in a difficult socio-economic situation.

You can also apply in later years if there are enough mentors available.

## **Who can become a mentoring client?**

The program is open to first- and second-year students or applicants to study at Charles University (UK).

## **You can join the program if:**

- You receive limited financial support from your family (e.g., your family receives social benefits),
- You are the first in your family to attend university, and your parents cannot help you navigate university life,
- You study in Czech, which is not your native language,
- You left high school a long time ago,,
- You may face disadvantage due to ethnic stigmatization,
- You are a student-parent,
- You have previously dropped out of university,
- You have an individual study plan,
- You are experiencing difficulties in your studies,
- You are a newly arrived student from Ukraine.

## **How does it work?**

Mentoring usually takes the form of regular in-person meetings, but it is also possible to have a one-time consultation with a mentor or conduct the entire process online.

- A more experienced student (i.e. a mentor) provides support to new students or applicants to study at Charles University (mentoring client = mentee).
- Mentor helps mentee to overcome the challenges brought about by their studies or life situations, find their way around their studies or preparation for them.
- The mentee (client) receives support in a new life situation (i.e. at the beginning of studies or during preparation for studies), thanks to which they can better manage their study obligations / preparation for entrance exams.
- The mentor meets with the mentee approximately once a week for an hour (in person or online) and receives remuneration for his/her work (now 150 CZK per hour).
- The mentoring service is completely free for clients (mentees) (students and applicants).

## **How do mentoring clients evaluate the experience?**

*"Petra helps me with requirements from the study department: how to adjust my study plan and schedule, how to plan my studies effectively, how to get involved in student organizations, and what to expect from specific courses. She showed me all the important faculty websites and how to navigate them. It definitely reduces my stress levels and helps me maintain good academic performance. I'm very satisfied with the program so far—we have a pleasant informal atmosphere, and I really like Petra as a person."*


Sára, first-year student at the Faculty of Medicine, Charles University

## **Topics commonly discussed between mentees and mentors include:**

- How university studies work, how things function at the faculty, where to find important information, what different programs focus on
- How to navigate the first year of study

- How to register for exams
- How to register for courses
- How to study effectively
- Practicing Czech, help with editing texts in Czech
- How to adjust your study plan
- How to create your class schedule
- What to expect from specific courses
- How to navigate the faculty website
- How to organize your studies throughout the semester
- What to expect from entrance exams
- What materials to use to prepare for entrance exams
- What it's like to study a specific program/faculty
- Practicing Czech language and help with proofreading Czech texts
- How to manage everything

***If you're interested in Mentoring, contact:***

	<p><b>Mgr. Tereza Smejkalová</b>  tel.: 222 491 759  email: <a href="mailto:tereza.smejkalova@ruk.cuni.cz">tereza.smejkalova@ruk.cuni.cz</a></p> <p><b>Focus on:</b></p> <ul style="list-style-type: none"> <li>• Coordination of mentoring</li> <li>• Socio-economic counseling for Ukrainian students</li> <li>• Administration of scholarships for Ukrainian students in acute distress</li> </ul>
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