

## JOIN THE NCEDANA PEER MENTORING PROGRAMME ...IT'S FREE!\*

*\* But hurry, spaces are limited.*

- Will you be a first year student at Rhodes in 2016?
- Will you be in res – or living off campus?
- Are you wondering what uni will be like?
- How might it be different from school?
- How will you find your place in the community?
- What's it like being a student at Rhodes?
- What is a faculty, and how does that work?
- How do you go about succeeding academically at university?
- What will be expected of you?
- What's on offer at Rhodes? And how can you get involved?

**If you have more questions than answers at the moment, that's totally understandable!**

The Ncedana Peer Mentoring Programme aims to offer you ways of figuring out the answers to these and other questions - with the guidance and support of your own senior student mentor. This is someone in the same faculty as you, who has already 'been there' and succeeded. You'll get together with your mentor and a few other first years once a week in a relaxed setting, to talk about whatever's on your mind.

Mentors will receive initial training from the university, as well as ongoing support from Rhodes members of staff, so that they are well-placed to assist you. Should you have particular queries or concerns, your mentor can also refer you to relevant specialists within the university.

If you're interested in joining the mentoring programme.... Email: your name, student number, cell phone number and contactable email address to: [ncedana.mentoring@ru.ac.za](mailto:ncedana.mentoring@ru.ac.za) as soon as possible, as spaces are limited. Should space allow, however, first years are welcome to join any time up until the end of first term. You'll be contacted via email with details of your mentor as soon as possible in the new term.

[Note: If you will be registering for Pharmacy 1 or the Extended Studies Programme you will have the opportunity to join the TAI Mentoring Programme, so there's no need to sign up for Ncedana as well. You'll be contacted about TAI early in the first term.]

### How much time will it take?

You'll get together once a week for about 45 minutes with your mentor and other first years.

### How long does the programme run for?

The first semester i.e. terms 1 & 2, with the option of meeting for 2-3 sessions in 3rd term.

### Can I opt out?

YES. If you've attended three or more sessions and decide that it's not for you, then you can just let your mentor know that you have decided to opt out.

### Will it cost me anything?

Not a cent – it's a FREE SERVICE.



## What is the Ncedana Peer Mentoring Programme?

The Ncedana Peer Mentoring Programme offers the opportunity for first year residence and oppidan students to join a mentoring group along with other first years. Senior student mentors in the same faculty as first years offer personal and social support as well as general academic guidance to new students, as they navigate the inevitable challenges of their new tertiary environment.

**Ncedana means 'help each other'**

**What do previous first years say about having a mentor?**

I found that being in my mentor group helped me feel like I belonged to Rhodes as a first year.

My mentor was helpful, generous, insightful, knowledgeable, motivational, encouraging and ambitious.

It got me used to the life at Rhodes – it made me sure of my academic choices...gave me a way to communicate with different people from the university.

We were taught to problem-solve. Give each other advice. Listen to each other. Share our situations. We learnt to trust and be comfortable around each other.

My mentor offered us guidance on how to study, how to manage time, prepare for exams, how to balance your life.

The advice I got from my mentor was about how to deal with academic stress, how to succeed academically.

Most importantly my mentor helped us to fit into the Faculty at large.



**RHODES UNIVERSITY**  
Where leaders learn



**Ncedana**  
Peer Mentoring Programme

STUDENT LIFE ORIENTATION OPPORTUNITY

## JOIN THE NCEDANA PEER MENTORING PROGRAMME

### ...IT'S FREE!\*

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- Will you be a first year student at Rhodes in 2015?
- Are you wondering what your new life will be like?
- Will you be living in res? Perhaps off campus?
- How will it be different from school?
- What's it like being a student at Rhodes?
- How will you find your place in the community?
- What is a faculty, and how does it work?
- How do you go about succeeding academically at university?
- What will be expected of you?
- What's on offer at Rhodes? How can you get involved?
- What does the future hold?

**If you have more questions than answers at the moment, that's completely understandable!**

The Ncedana Mentoring Programme aims to offer you ways of figuring out the answers to these and other questions - with the guidance and support of your own senior student mentor. This is someone in the same faculty as you, who has already 'been there' and succeeded. You'll get together with your mentor and a few other first years once a week in a relaxed setting, to talk about whatever's on your mind.

Mentors receive initial training from the university, as well as ongoing support from academic members of staff, so that they are well-placed to assist you. Should you have particular queries or concerns, your mentor can also refer you to relevant specialists within the university.

If you're interested in joining this programme, email your name, student number and contactable email address to: [ncedana.mentoring@ru.ac.za](mailto:ncedana.mentoring@ru.ac.za) as soon as possible, but no later than **Tuesday 10 February 2015**.

You'll be contacted with the outcome via email by the first week of term, hopefully sooner.

**Note:** If you will be registered for Pharmacy 1 or the Extended Studies Programme you will have the opportunity to join the TAI Mentoring Programme, so there's no need to sign up for Ncedana as well. You'll be contacted about TAI early in the first term.

#### How much time will it take?

You'll get together once a week for about 45 minutes with your mentor and other first years.

#### How long does the programme run for?

The first semester i.e. terms 1 & 2. And there's the option of a 'touch base' session or two with your mentor after the June exams, in term 3.

#### Can I opt out?

Yes. If you've attended three or more sessions and decide that it's not for you, then you can just let your mentor know you have decided to opt out.

#### Will it cost me anything?

Not a cent – it's a free service.

**Queries?** Email [ncedana.mentoring@ru.ac.za](mailto:ncedana.mentoring@ru.ac.za)



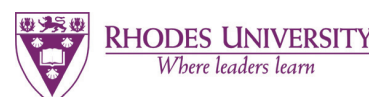
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**Ncedana**  
Residence Peer Mentoring Programme



### What do previous first years say about having a mentor?

We were taught to problem-solve. Give each other advice. Listen to each other. Share our situations. We learnt to trust and be comfortable around each other.

I found that being in my mentor group helped me feel like I belonged to Rhodes as a first year.

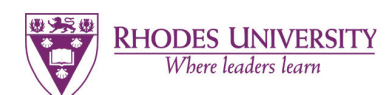
My mentor offered us guidance on how to study, how to manage time, prepare for exams, how to balance your life.

It is good to see someone who was in the same position that you are in – it encourages you.

My mentor was helpful, generous, insightful, knowledgeable, motivational, encouraging and ambitious.

Most importantly my mentor helped us to fit into the Faculty at large.

It got me used to the life at Rhodes – it made me sure of my academic choices...gave me a way to communicate with different people from the university.



**Ncedana**  
Residence Peer Mentoring Programme