



Advice guide 5: Specialist mentoring support

What is Specialist Mentoring?

Specialist Mentoring is one-to-one non-academic support which aims to enhance the student experience by developing skills and strategies to reduce areas of challenge, develop greater confidence and more autonomy. Students who access specialist mentoring will receive an individual and tailored programme which will address the specific barriers identified by the student which may be impacting on their university experience.

Specialist Mentoring is available to students who provide evidence confirming they meet the definition of 'disabled' as per the Equality Act 2010, usually as a result of a Mental Health condition, Autistic Spectrum condition or other condition where mentoring can meet a specific need.

Specialist Mentor support aims to aid retention and progression by supporting students to:

- Manage the higher education environment and University life.
- Develop strategies and resources to manage anxiety and stress as well as improve mood and motivation.
- Develop organisation and time-management skills.
- Develop presentation skills.
- Develop skills for managing academic stress.
- Enhance social skills, group work skills and confidence.
- Increase assertiveness.
- Develop strategies to reduce procrastination and perfectionism.
- Develop strategies to aid concentration and memory.
- Maintain a healthy work/life balance.





How to access Specialist Mentoring

Specialist Mentoring can be funded by Disabled Students' Allowances. If a student's course is eligible for Disabled Students' Allowances funding, then they should apply for this by completing the application form and providing their medical evidence. Once an application is approved, a student must then have a Study Needs Assessment. If you have not already done this, please see the 'Applying for Disabled Students' Allowances' and 'Arranging a Study Needs Assessment' advice guides for instructions. Your Disability Adviser will be able to support you with this application if you require assistance.

If the student's course is not eligible for DSA funding, for example, they are an **apprentice** or **international** student, Teesside University may be able to fund mentoring support if the student's Disability Adviser feels it would be beneficial.

The student's funding body will provide an entitlement letter following a Study Needs Assessment which will outline all agreed funding for support. Under the section 'Non-Medical Helpers', the student can find information about how many hours of Mentoring they are able to access and who the chosen supplier is. The student should contact the chosen supplier using the contact details on the entitlement letter to set up their support.

If the funding body is **Disabled Students' Allowances**, the details of the Specialist Mentoring supplier will be sent to the student in their Funding Agreement Letter/Email (DSA2). It would then be the student's responsibility to contact the supplier to organise their sessions.

How to access Specialist Mentoring with Teesside University

If the student's entitlement letter states 'Teesside University' as the supplier of Mentoring, the student should follow the below process in order to access their sessions.

- 1) Email dsmessaging@tees.ac.uk to request commencement of their Specialist Mentoring support
- 2) The student will then be sent a session request form to complete.
- 3) The student should complete this and return it to dsmessaging@tees.ac.uk.
- 4) A Specialist Mentor will then be in touch with you to arrange your first session.

For more information

W: <https://www.tees.ac.uk/sections/stud/disability>

E: studentlife@tees.ac.uk

T: 01642 342277

