



MIC
MARY IMMACULATE COLLEGE
COLÁISTE MHUIRE GAN SMÁL

Peer Mentoring Programme

MIC are continuing the peer mentoring programme for the 2024/25 academic year and are seeking to recruit Peer Mentors from current 1st year students.

Excellent training will be provided, which will begin in Semester 2 of the 2023/24 academic year, to prepare Peer Mentors for meeting their 1st year students in September.

Over the course of Semester 2, Peer Mentors will receive a scheduled 11 hours of in-person group trainings with the MIC Counselling team and external providers like the HSE, GOSHH and AsIAM. Sessions will cover the following topics:

- Becoming a Peer Mentor – Benefits, Roles & Responsibilities
- Communication Skills
- Help Seeking & Support
- Crisis Management & Prevention Training – HSE safeTALK Workshop
- Diversity & Inclusion Awareness – Neurodiversity, LGBTQIA+ & EDII Diversity Training

Peer Mentors will also have access to online Consent and Bystander training which they can complete at their leisure. There will also be the chance to attend a peer led training session on Body Positivity.

If you are interested in becoming a Peer Mentor you can register your interest by completing the below form and returning it, via email, to eadaoin.shanahan@mic.ul.ie by 1pm on Thursday February 29th.

Name	
Course	
Year	
Student Email	
Phone Number	