

What is specialist mentoring (MH) support and how will it benefit me?

- A personal mentor who is a qualified professional
- Regular weekly support
- Understanding of your needs
- Supporting you to succeed and achieve
- Weekly improvements and progress
- Practical support and strategies to help you maximise your strengths and improve on your weaknesses
- Strategies for effective communication
- Flexible support, adapting to your changing needs.
- Teaching you clear strategies to help you overcome difficulties and achieve in life and the workplace
- Personal development and skills for life
- Professional, objective non-judgemental support

Areas they can help you with: -

- Motivate and empower
- Confidential safe space
- Listen to problems
- Consistency of support
- Strategies to overcome emotional barriers
- Teaching of tools and techniques
- Setting achievable goals and praising progress
- Preparation and planning to avoid feeling overwhelmed and overcome procrastination
- Breakdown tasks into achievable goals
- Building trust and providing regular support
- Monitor risks and put in considered measures
- Manage issues before they hinder performance
- Effective decision making
- Student-centred support
- Emotional difficulties – listening, talking through problems, sign posting, offering practical advice and Problems solving and finding solutions
- Safeguarding pathway

Overcoming barriers to learning

- Breathing techniques and visualisation
- What if scenarios and outcomes
- Exercise
- Daily dairy/thought journal
- Reflection
- Raising self- awareness
- Discuss and recognise behaviour triggers and how to manage
- Practical solutions to meet your needs
- Listening and discussing problems and concerns
- Finding practical workable solutions
- Facilitate and validate decision making
- Catch issues before they hinder performance
- Holistic approach to whole person
- Discuss and recognise behaviour triggers
- If catastrophise – unpick reasons and behaviours
- Distorted thinking – breakdown thoughts and help to overcome

Strategies for Effective Learning

- Problem solving and finding solutions
- Understanding the task
- Guidance on using feedback effectively for development
- Task priority
- Idea generation
- Overcoming procrastination
- Setting achievable goals

Personal Development

- Developing a suitable work life balance
- Health and wellbeing advice
- Encouragement of social engagement
- Sleep hygiene and nutrition
- Transition support to university and progression
- Communication skills development – individuals and group work
- Confidence building
- Assertiveness techniques
- Motivation and encouragement
- Empowerment strategies
- Group work – confidence building
- Presentation – skills and practice
- Interpersonal skills
- Raise self-awareness
- Analyse and normalise behaviours
- Build upon success

Relaxation Techniques

- Stress and anxiety management
- Relaxation and breathing techniques
- Sleep hygiene
- Mindfulness
- Meditation
- Grounding and normalising

Planning and Recording Progress

- Regular reviews and feedback
- Organising your thoughts and ideas
- Creating weekly achievable goals
- Self-evaluation and review
- Preparation and planning ahead to avoid feeling overwhelmed
- Avoid procrastination
- Contingency planning for 'dark days'

Accessing other services

- Utilising other university support effectively
- Personal Tutor
- Counselling and Advice in university
- Student well being team
- Socialisation – clubs and activities
- External services for safeguarding as and if required –
 - Mind, Samaritans, Papyrus.
- Useful self-help contact numbers
- NHS – Every Mind Matters
- Link to effectively managing your mental health
- <https://www.nhs.uk/oneyou/every-mind-matters/>

Using Technology

- Useful Apps
- BIH
- NHS
- Mind

Other useful support as required

- Transition to university – understanding how it works and what to expect
- Orientation – finding your way around - campus, the city, useful routes.
- Socialisation – joining clubs and groups.
- Friendships – discussing issues, set-backs, concerns.

Feedback:-

It is important that the support benefits you!

If you have any questions, queries or concerns at anytime or would like a general chat - please contact us.

Cosmic People contact details: -

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Cosmic People – Realise your potential!