Advice guide 5: Specialist mentoring support

What is Specialist Mentoring?
Specialist Mentoring is one-to-one non-academic support with the aim of helping you to gain the most from your experience of studying and with student life. You will receive an individual and tailored programme which will address the specific barriers you have identified that may be impacting on your 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 Mentoring can help with:
- General approach to University
- Maintaining a healthy work/life balance
- Time management and organisation
- Presentations
- Group work
- Anxiety and stress management
- Social interactions and communication
- Mood and motivation
- Avoidance/procrastination
- Concentration
- Memory
- Perfectionism
- Self-esteem and assertiveness

The overall aim is to develop skills and strategies to reduce areas of challenge, develop greater confidence and more autonomy.

How to access Specialist Mentoring
The first thing a student needs to have done is apply for Disabled Students’ Allowances in order to 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’ help sheet for
instructions. Your Disability Adviser will be able to support you with this application if you require assistance.

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 ‘NonMedical 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.

**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 dsmentoring@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 dsmentoring@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](https://www.tees.ac.uk/sections/stud/disability)
E: studentlife@tees.ac.uk
T: 01642 342277