

**Sauk Valley Community College
May 20, 2024**

Agenda Item 3.1.2

Topic: Student Peer Mentor Program

College Health Metric: Student Services – The College provides quality and supportive services to students.

Presented By: Drs. David Hellmich and Jon Mandrell

Presentation:

In an effort to expand mental health counseling and provide wellness support to students, the Counseling faculty established Student Peer Mentoring in 2022. This initiative offers peer-to-peer student support in adjusting to college life and academics, problem-solving, goal setting, time management, reading, note-taking skills, exam preparation, stress management, and various other resources to assist students. Recruitment and training of mentors are also vital parts of the initiative. An overview of the Student Peer Mentor Program will be provided.