

Inspiration

The STARS Mentorship Programme

By Dr Rina Wilken

The STARS Mentorship Programme offered by the University of Pretoria is a unique programme designed to assist first-year students to adapt to university life and be academically successful.

This programme offers students assistance at the social and emotional levels with a view to enhancing their academic performance. As a first-year student at the University of Pretoria you may find it rather challenging to adapt to university life, but our programme offers help by matching each first-year student (mentee) with a senior student (mentor) who is studying the same programme.

Your mentors will take care of you and will provide you with the following:

- Someone to confide in about any problem you may be experiencing or any situation in which you might find yourself
- Someone to turn to when you need guidance
- Someone to help you define your ambitions, set goals and decide how they can be achieved
- Someone who will remind you of your academic responsibilities
- Someone who will refer you to competent people for assistance, if necessary
- Someone who will encourage you to take charge of your destiny
- Someone who can assist you with identifying offices where you will find individuals who can help to simplify your life at varsity
- Someone who will be able to provide guidance with regard to the various challenges you may be facing in your programme and faculty

The beauty of having this special person in your life is that it is absolutely free of charge!

The structure of the STARS Mentorship Programme is as follows:

- Programme Coordinator: Dr Rina Wilken (Head of Student Development)
- Two senior coordinators (students)
- Executive committee (faculty coordinators for each faculty)
- Mentors (senior students at the University of Pretoria)
- Mentees (first-year students at the University of Pretoria)

We will be delighted to welcome you as one of our mentees and thereby ensure that you will have someone in your life who will take care of you during your first semester on campus. All you need to do to become an active partner in this wonderful programme is to sign up!

If you need more information, visit us at Roosmaryn Building (Room 2-1), where you can meet with one of the executive committee members to discuss the programme.

Email upmentorship@gmail.com
Follow us @STARSMentorship

