



S2S 

Student2Student



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

S2S Mentor Training

Welcome to mentor
training for 24/25!

Remember to sign in!



Pssst...the sheet is by the tea and coffee

A photograph of a multi-story brick building facade. The building features two sets of fire escapes: a red one on the left and a black one on the right. Each fire escape has a landing on each floor. The windows are arranged in a grid, with decorative arches and moldings above them. The text "FIRE SAFETY" is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

FIRE SAFETY

WELCOME

Student2dent

Here to support you!

If in doubt, reach out to these guys



Ralph Armstrong-Astley
S2S Coordinator
She/her



Shauna O'Connor
S2S Programme Officer
She/her



Book in with them online!

The Mentors Role



To encourage & facilitate social interaction



To provide information



To give emotional support & referral if or when needed

For this to be an accountable space...

- Log in to padlet.com/TCDS2S/accountable
- Anonymously post what you would need for this to be an accountable space



Accountable Space Guidelines



Places an equal amount of onus for all to behave equitably and inclusively **to foster a deeper understanding of diverse lived experiences in REAL-TIME.**

Creates a **REAL-TIME opportunity for EVERYONE** in the discussion to challenge the conditions that are oppressing marginalized communities by demonstrating accountable and equitable behaviours and actions.

Intent and impact are rooted within accountability to promote actions, thoughts, and behaviours that are equitable and inclusive of marginalized communities.



Diversity and Inclusion

AWARENESS – acknowledge your limitations, but focus on your strengths

ACCEPTANCE – you can't see a person if you try to overlook their differences

DETERMINATION – bias takes time and practice to recognise and to address. You will make mistakes.

CONCENTRATION – focus on what is being said in the moment. Listen actively.

HARMONY – When the 4 tips above come together you can approach anyone calmly with compassion, and they will feel it!

Orientation

- Campus tour
- Library tour
- FAQ/Ice Breaker Session

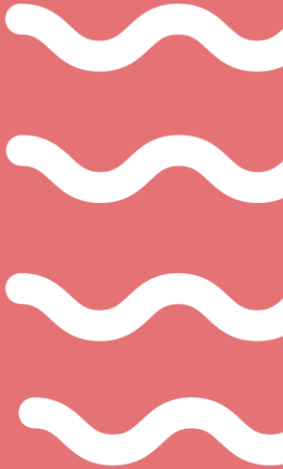
Most importantly you will:

- Help everyone to feel welcome
- Build a sense of shared experience
- Support student connection





Time for an icebreaker!

- **Name**
 - **Pronoun (he/she/they etc.)**
 - **Why you want to volunteer**
 - **Anything you're happy to share that people might not know about you straight away?**
 - **Last song/piece of music you remember listening to**
- 

Think back to your first day...

Scan the QR code.

- Submit questions you had when you started Trinity
- As a group upvote your top question



Library Tour

What do you need to know about your library to deliver a good tour?

<https://padlet.com/TCDS2S/Libraries>



My Library's Top Tips

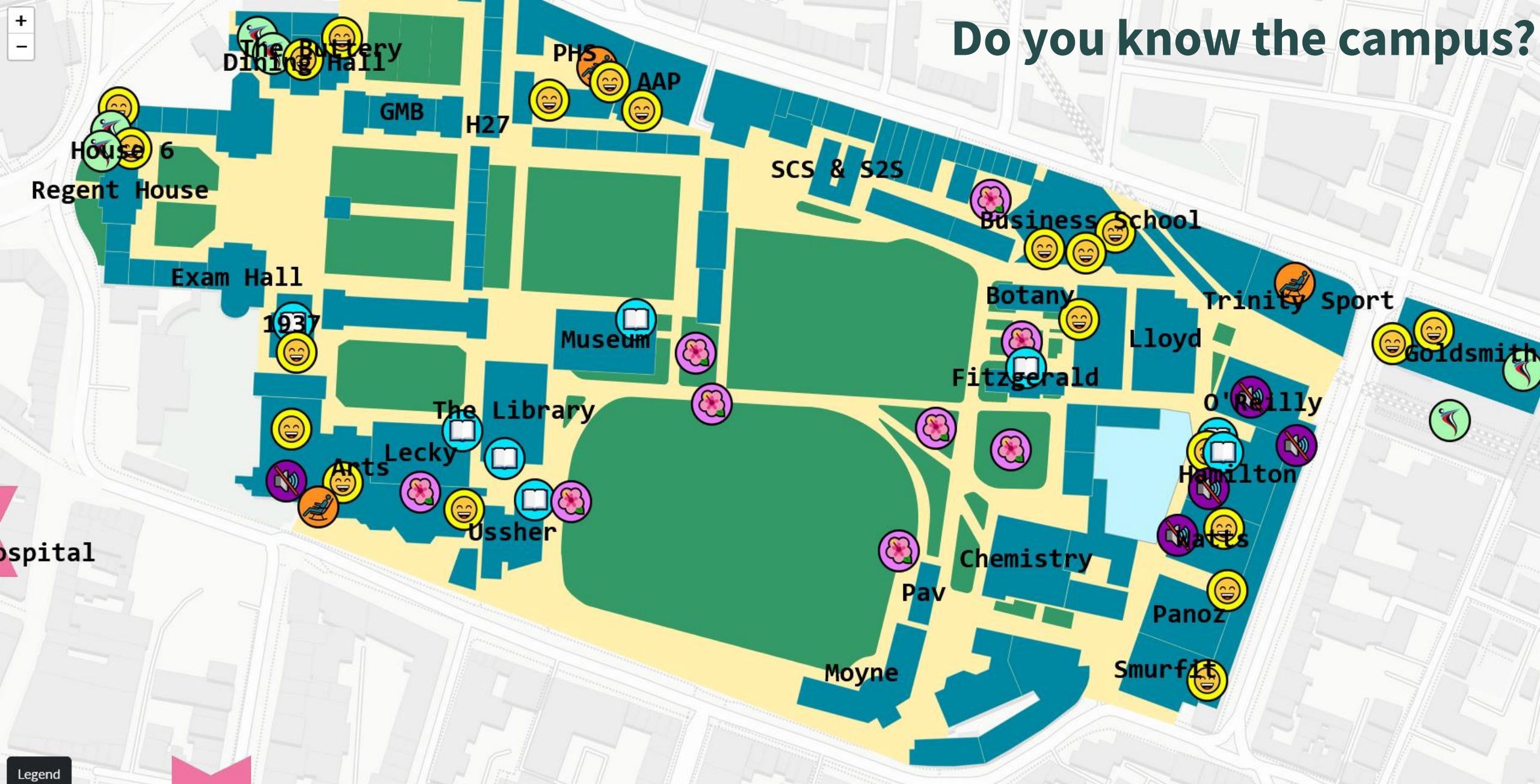
2022/2023

Undergraduate Degree Students

Certificate & TAP Foundation Students

- 1 SEARCH** for books or articles from your reading list using the Library's catalogue, **Stella Search**
- 2 CONTACT** your **Subject Librarian** for expert searching advice
- 3 BORROW** up to **10** books at a time
- 4 REQUEST** books from storage using our *Click and Collect* service in **Stella Search**
- 5 USE** the **Self-Service Kiosks** to borrow or return books
- 6 PRINT/COPY/SCAN** on any printer (service managed by **Datapac**). ID code = your student number; PIN e-mailed when you register with TCD
- 7 SIGN UP** to any of our online training sessions - **Library HITS** - and brush up on your research skills
- 8 ASK LIBRARY STAFF FOR HELP** (by e-mail to library@tcd.ie or our *Chat with us* service on the **Library website**)

Do you know the campus?



Legend

Why you?



- It's *not* just me, and I am *not alone* in this
- I *can* do this
- The step I have to take feels smaller
- I know I don't have to be right or perfect

**Time for a break
See you in 10 mins!**



Think of activities for your group



What would you have attended?



Alternate times and days



Alternate alcohol and non-alcohol events



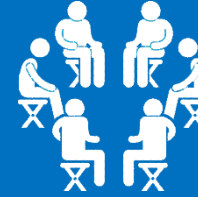
Always include some free events – you can be reimbursed for some minor activities



Don't promote empty events



Start smaller – aim bigger



Combine with other S2S groups



Piggy back on society, school and larger S2S events

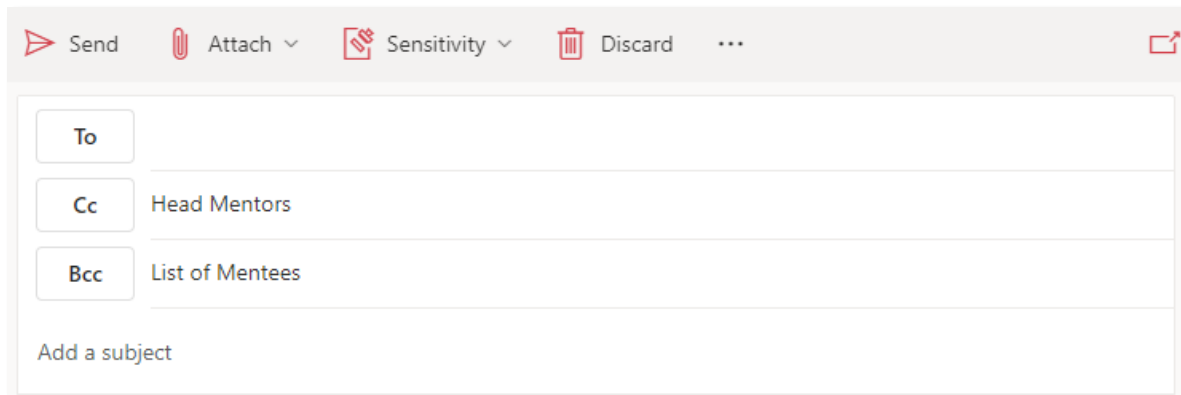


Include the study skills!

Communicating with your mentees

Email

- Share helpful info, memes, recipes, workshops and deals
- Give plenty of notice about events
 - To: your buddy
 - Cc: Head Mentors
 - Bcc: List of mentees



A screenshot of an email composition interface. At the top, there are icons for 'Send', 'Attach', 'Sensitivity', and 'Discard'. Below these are three rows of recipient information: 'To' (empty), 'Cc' (Head Mentors), and 'Bcc' (List of Mentees). At the bottom, there is a field labeled 'Add a subject'.

Social Media

- Set up a private social media group (insta page, discord)
- In addition to your weekly emails
- Social media should NEVER replace email



Log your activity – EVERYTHING!

Trinity College Dublin
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The University of Dublin

S2S (Student 2 Student)

test.a@dovetall.ie LOG OUT

Activity History

Academic Year: 2021/2022

Thank you for all these hours you have contributed to your fellow students.

0.25 Hours this week

0.25 Hours this month

0.25 Hours this academic year

Activity Log

Hide minor events

[EXPORT ACTIVITY HISTORY](#)


[+ ADD A LOG RECORD](#)

Showing 1 of 1

Date	Event	User	Duration	Note	
05/08/2021 11:44	One-to-one	Alice Sample	15 mins	I met Bob for coffee. Chatted about trouble choosing which courses to take. - For: 05/08/2021 15:00:00	DELETE



When it doesn't go to plan

- **Not doing a task they agreed to**
 - **Not including you**
 - **A relationship gone wrong**
 - **Ghosting**
- 

It's time to act!



Person A:

You have organised a meet-up with your buddy and they didn't show up. They didn't tell you or try to reach out. You were left on your own and you're really annoyed.



Person B:

Be as creative as you like with your reason for not being there but, whatever the reason, it has to be person A's fault.



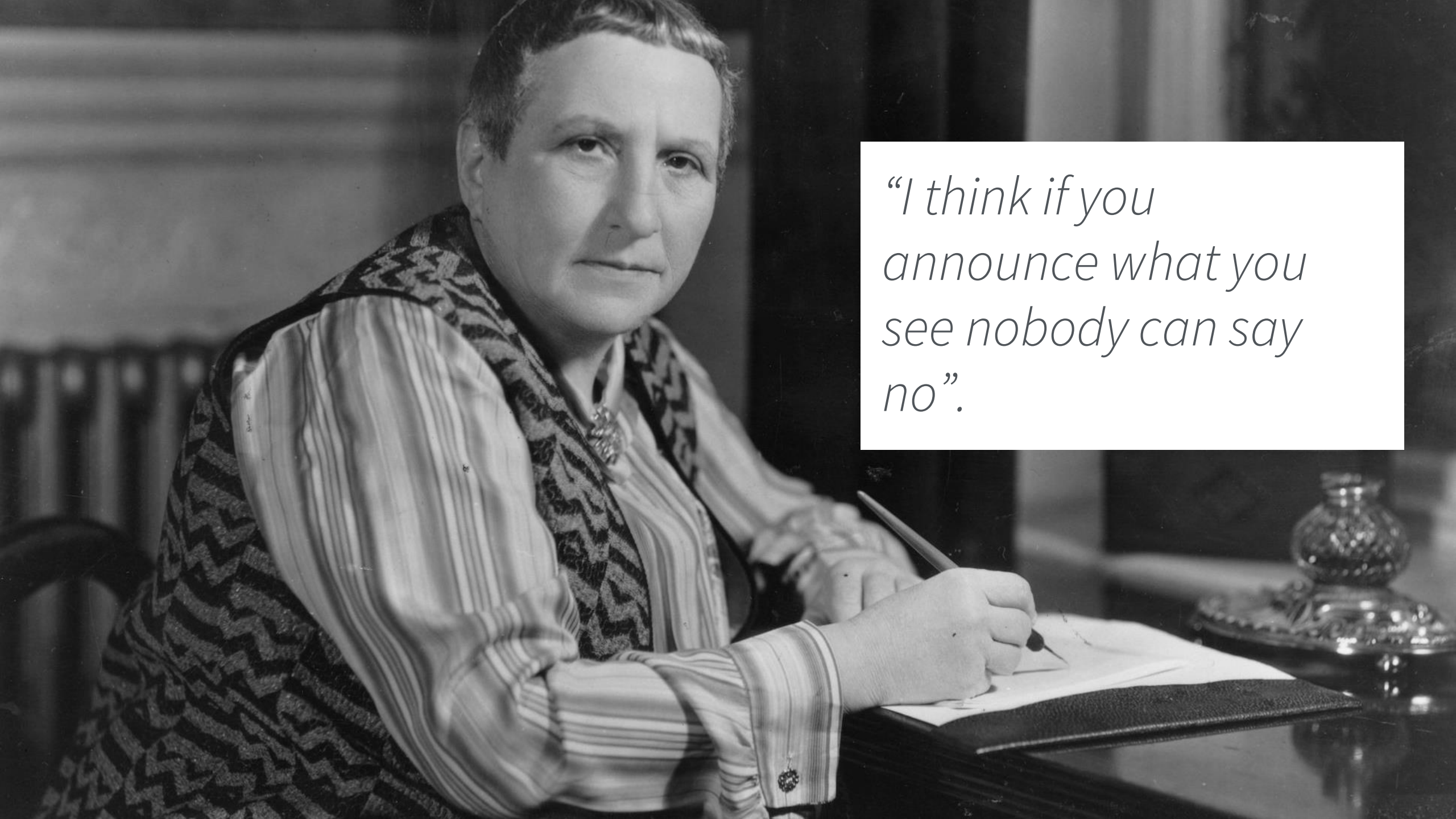
Accountability

Accountability is the antithesis of blame

Think about what you really need from this conversation – what is your end goal?

Use an “I” statement to take ownership – without adding a “but you”...

Harriet Lerner – The Dance of Anger

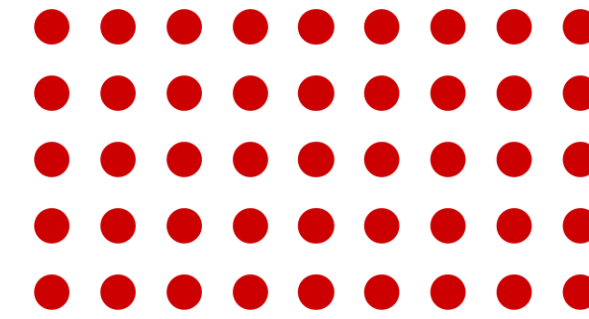
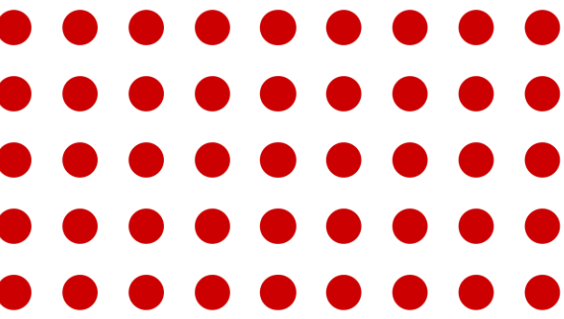
A black and white photograph of a woman with short, light-colored hair, wearing a patterned vest over a striped blouse. She is seated at a desk, looking directly at the camera with a serious expression. Her right hand is holding a pen, writing in a large, open book on the desk. The background is dark and out of focus, showing a window with blinds and a decorative glass vase on a side table.

*“I think if you
announce what you
see nobody can say
no”.*

Suicidality or Risk of Harm

- Signs to look out for
 - change in appearance
 - social withdrawal
 - concern from classmates
 - Direct disclosure of suicide ideation
 - distressing social media posts
 - low mood
 - Tearfulness
- **It's better to ask and be wrong than to not ask and be right**
- If in doubt, make the referral
- Accompany them, or note where they are and where they go
- **ALWAYS** come and talk to us afterwards

Support For You



**Time for a break
See you in 10 mins!**



TIME TO ROLE PLAY





Listening tips

- Body language
- Eye contact
- Distractions
- Time
- Poor advice
- Sympathy vs Empathy

Active listening

- Reflection – “you’re an alien”
- Paraphrase - “You’re from another planet”
- Summarise – “So you’re under financial pressure, but worried about whether you need a work permit to get a job”

- Open question?
- Closed question?
- Hypothetical question?
- Leading question?
- Judgemental question?
- Inappropriate question?



It's time to act again!



Person A:

Talk for 2 minutes about something you are looking forward to do at the weekend.



Person B:

You are to not speak but listen. Use body language to convey your understanding

It's time to act again!



Person B:

Talk for 2 minutes about the aspect of mentoring you are most nervous about.



Person A:

Use reflection, paraphrases, summaries, open questions and hypothetical questions.

Signposting

Looking at other sources of support with someone (ideally at least 2 or 3) and helping them to decide if/what they would like to try

Referral

Knowing that someone is in need of more help and leading them there directly



Referral

- Helping someone access necessary support, e.g. tutor.
- Don't get of your depth.
- Personal comes first!
- Be honest.
- Go with them.
- You're still their mentor.

Ralph: astleyr@tcd.ie

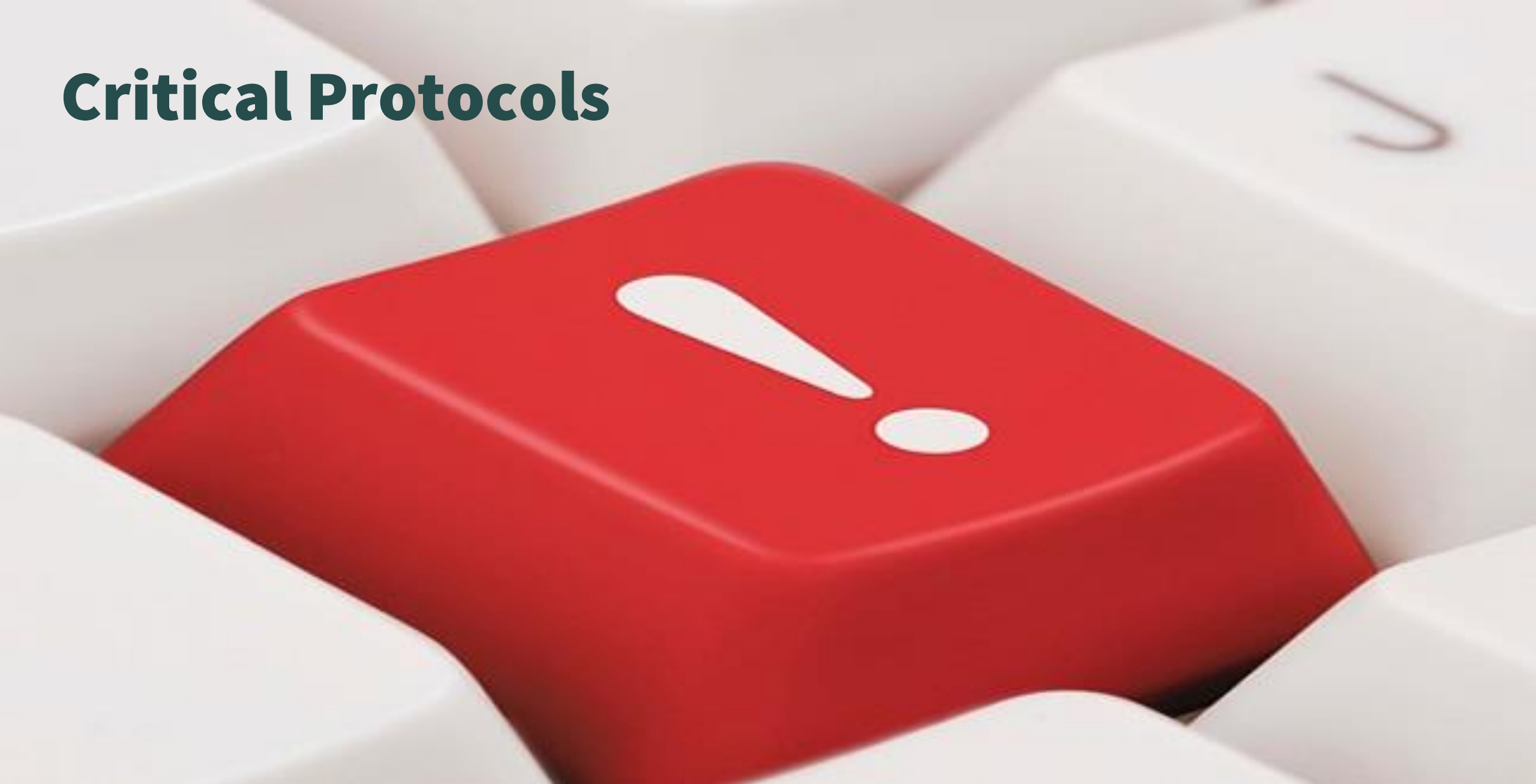
Emergencies:

085 7833 548

Boundaries

- I should answer a mentee if they message me late at night
- It's part of my role to proof-read
- If they ask for a 1:1 meeting, it should be in office hours (10am-5pm)
- If something is playing on my mind, I should talk about it
- I can share what I've heard with other S2S volunteers
- It's OK to hook up with a mentee

Critical Protocols



Here to support you!

If in doubt, reach out to these guys



Ralph Armstrong-Astley
S2S Coordinator
She/her

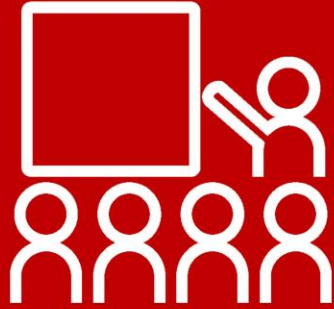


Shauna O'Connor
S2S Programme Officer
She/her



Book in with them online!

What to expect as a mentor



Complete your training **today**



Complete the **Blackboard** module by **August**



Let us know your **preferences**



Keep an eye on your **email** for updates



And share the **tips and tricks** you've learned



Use your lists to stay in touch with your group



Make sure you're there for **orientation**



Get your **hoodie**

