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This video presentation gives you a short introduction to the Time4Me project at Forth Valley College. I'm Sarah Tervit, and I am the Time4Me coordinator.

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Time4Me is a mentoring programme that aims to support students to make a successful transition into studying with Forth Valley College.

Students who take part in Time4Me, have hour long mentor sessions with the same Mentor each and every week, during term time throughout their first year at college.

Our Mentors are staff who already work at Forth Valley College, but are employed in a variety of roles, however volunteer an hour a week of their time to mentor a young person on Time4Me.

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A student is eligible to take part in Time4Me if they are:

- Care experienced
- Have a caring role for someone else
- Reside in regeneration areas

The College recognises that students from particular circumstances can sometimes face additional challenges to education, and may need more support to succeed. Time4Me is just one of the ways the College tries to meet those needs.

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Mentors work with their mentee to develop a range of what we call softer skills – the 5 key areas being; confidence, self-belief, communication, problem solving, and resilience.

[click animation] We hope that improvements in these areas will, in turn, lead to improvements in [animation] the students' overall experience of college, attendance, engagement with learning, and influence whether they stay on their course, and ultimately their overall achievement on the course.

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So how do they actually do this? The mentor sessions, provide a safe space and dedicated time, for a student to talk about what is happening with them, discuss any challenges they are having that might impact their learning, and critically talk about what's going well, and how to build on that.

Mentors help by listening in a non-judgemental, confidential way, are curious about the young person and what is going on with them, help them to identify their strengths and areas for development, and set goals with them. They will share their knowledge and experiences with them, and help to motivate them and we like to think of mentors as a champion for that young person.

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It is important to note that Time4Me is not a form of counselling or befriending service, extra tuition or a member of staff who will 'fix' things for the young person. These services require a specialist skill set that our mentors do not have. They are however, extremely knowledgeable about the college, and are skilled at signposting their mentees to other specialist services if they need it, and will support them to access those services.

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Mentoring requires a commitment from both the mentor and the mentee. Participation is entirely voluntary and we require young people to

Want to take part – and to see the value in doing so

That they are prepared to commit to the 1 hour a week of mentoring (on top of their timetabled classes)

And that they fully engage in the process – experience tells us that the more effort they put in to this process, the more they get out of it.

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When we ask our mentees, their satisfaction levels with mentoring are overwhelmingly positive with one of our mentees, Sean sharing the following:

“The mentoring has been really helpful, as I have someone to talk to and help me process any problems I may be facing. My Mentor Moira has been amazing, we get along really well and I respect her opinion. I would tell anyone thinking about joining Time4Me to do it, it’s only one hour a week and it’s been so worth it.”

(Sean)

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I appreciate this has been a very short introduction to Time4Me and you may want to find out more. You can do this by viewing the web page shown, or you can contact me using the email and phone number provided.

Thank you for your time.