Peer Mentoring for Students with Intellectual Disability in Postsecondary Education Programs

What is peer mentoring?

- A relationship where a more experienced student helps a less experienced student improve overall academic performance and provides advice, support, and knowledge to the mentee (Colvin & Ashman 2010)
- A process in which students serve as positive role models for other students (Badura, Millard, Peluso, & Ortman, 2000)

What do peer mentors do?

- Peer mentors can do a wide range of activities with mentees both on-campus and off-campus (Giust & Valle-Riestra, 2017)
- Some examples of these activities are:
  - Helping students study, going to the gym, going to school events such as sporting events or concerts, joining clubs, eating meals together etc.
What are the types of peer mentoring?

- In-person: this could be one-on-one or in groups
- Online: such as listservs, chat rooms, or discussion boards
- By Phone: this could be check-ins through phone calls, texts, or video calling
- Community based: which could look like getting involved in volunteer projects or community service

What are some of the benefits of mentorship?

- Mentorship can enhance both educational and social experiences (Jones & Goble, 2012)
- Mentorship can help less experienced students better understand the college student role (Palmer, Hunt, Neal & Wuetherick, 2015)
- Mentorship can enhance student inclusion, self-determination, and adaptive behavior skills (Giust & Valle-Riestra, 2017)

References: