



AMP MENTEE GUIDE



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Frequently Asked Questions (FAQs)

What is AMP?

The Academic Mentorship Program is an academic support service governed by the Lancaster Ghana Student Council (LGSC) that aims at providing experienced peer guidance and instruction for students in need or want of academic support.

Who can be an Academic Mentor?

An Academic Mentor can be anyone who fits this criterion, as well as a has a genuine interest in helping people be their best academic and social self while providing a comfortable and welcoming environment to express that:

- A.M must have taken the foundation program.
- A.M must be a first-year undergraduate student (for foundations students) or a second-year undergraduate student or later (for direct entry students)
- A.M must have attained a minimum of a B- in whatever academic aspect they choose to mentor in, whether it be a full mentorship or a partial mentorship.
- Must complete a mentor application.
- Must be willing to commit to the mentor program for a specified period of time.

Who can be a Mentee?

This program is targeted at, not just at foundation and direct entry students, but also any student in LUG who feel that they are in need of help and guidance in their academic and/or social life. The ultimate goal of this program is to help motivate students to discover new and creative ways to define and achieve success at school.

What services do we offer?

- Navigating the School System:
 - The Physical and Academic Infrastructure
 - Relating with the Lecturers
 - Accessing Campus Resources
- Balancing Academic Work and Social Life:
 - Motivation
 - Note-Taking Skills
 - Organization and Time Management
 - Tips on Procrastination and Stress Management

- Reading Skills, Study Habits and Strategies
- Maneuvering around On-campus and Off-campus social Attraction
- Partial Mentorship: Mentorship arrangements whereby a person can mentor or be mentored in one particular area (such as module in a person's course or, any other aspect in their academic and/or social life).

Why Become an Academic Mentee?

Mentees often express that mentors are an invaluable resource. Studies also show that students with mentors: positively adjust to university, are more likely to graduate, have a greater overall satisfaction with their college experience, increase their self-efficacy and perceived confidence in their ability, not to mention it also comes with other added benefits:

- Invitation to Buddy Social events with a variety of delicious free food.
- Certificate of participation
- Gives a better an opportunity to network amongst students, lecturers, management and any other person you may encounter in the course of the program.

Roles of an Academic Mentee

- Takes full responsibility for their academic and social career.
- Participates in mentorship activities, such as orientation, evaluation.
- Reaches out to the mentor and ensures the development and maintenance of their relationship.
- Remains open to the need for mentorship in certain areas.
- Sets short- and long-term goals and provides mentors with progress reports.
- Makes time for, initiates, and holds regular meetings with the mentor.
- Makes themselves familiar with unit and University criteria, policies, and procedures regarding career transitions (i.e., reappointments, promotions, and tenure).
- Makes themselves familiar with the unit's mission and strategic plans.
- Continues to increase the knowledge base associated with the duties of the position.
- Strives for academic excellence in their respective courses.

Will I only work with one mentor?

Yes. Initially you are only paired with one mentor, however if for whatever reason your mentor cannot continue with the program or you would like a new mentor, we will look into getting a replacement for you.

DISCLAIMER

Please note that the Academic Mentorship Program is not an obligation to any mentor or mentee. Any and every student is free to opt out of the program where the relationship is not beneficial. It should also be considered that once a student has not completed the program, they will not be entitled to a participation certificate nor will their partial participation in this program be of any value towards their stance for a Lancaster Award, should they choose to apply for it.

Certain Rules to Follow

- ❖ Mentor must make initial contact with mentee within one week of assignment.
- ❖ Mentors must communicate with proteges at least once every week.
- ❖ It is highly encouraged that all pairs of mentors and mentees are to be of the same gender but the LGSC understands that there may be situations where that may not be possible, i.e.:
 - a mentor or mentee wishes to opt out of the program leaving a mentee or mentor without a mentorship partner
 - the number of male and female mentors are not equal to that of the male and female mentees.

In light of such possibilities, a partnership between the two genders will be considered.

- ❖ **Mentors and mentees must understand the importance of confidentiality and must make it a priority to clearly establish it at the infancy of their relationship.**

The AMP Purpose

Vision:

To help motivate students to discover new and creative ways to define and achieve success at school.

Goals:

- To provide students with academic support and connect them with as many campus resources as possible
- To cultivate a sense of belonging to the LUG community
- To help build strong mentor-mentee relationships
- To encourage participation in campus events, student clubs, research and internships

Values:

- ✚ Respect
- ✚ Confidentiality
- ✚ Integrity
- ✚ Trust
- ✚ Patience

Structure & Flexibility

We understand more than anything that this not just another program hosted by the SRC, but it is rather a way for you to add academic and social knowledge to your life and build new and meaningful relationships with one another. So as much and there *are* certain rules, regulations and guidelines you must follow, we encourage you to find your own style and navigate your mentor/mentee relationship in a unique way.

AMP CONTACT LIST

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