

## *Campus Conversations*

### **Key Qualities of a Peer Mentor**

- a role model - someone who leads by example
- honesty
- good communication skills: the ability to listen, understand, question, clarify and give constructive feedback
- understand the importance of writing down and setting specific, measurable, intentional, limited, extending and realistic (S.M.I.L.E.R.) goals, whilst making goal-getting a fun experience
- a sincere interest in the well-being of their students
- the ability to motivate and inspire
- the desire to make a positive difference in another's life
- patience
- sound management of time skills
- being approachable, tolerant, flexible and open-minded
- being a positive team member
- empathy i.e. the willingness to put oneself in another's shoes, trying to see things from their perspective
- respect (self-respect and respect for others)
- knowing one's limitations