



UNIVERSITY
DISABILITY SERVICES



STRIDE

Peer Mentoring Program

**Stronger Together with Resources, Initiatives, &
Disability Experiences**



PROGRAM GOALS

Foster a sense of belonging
Ease the transition experience
Identify individualized initiatives
Provide social & co-curricular supports
Increase motivation and accountability
Encourage self-growth

Components of the Program

Peer Mentor

University Disability Services hires upperclassman, who are also registered for accommodations, and have minimum 3.0 GPA to mentor interested students.

Mentor—Mentee Activities

Opportunities for mentors to meet with students will be arranged by the UDS office. Examples of activities could include: check-ins, campus tours, meal meet-ups, study sessions, coffee breaks, walks, campus event partners, game room gatherings, etc.

Workshops

Students will have the opportunity to attend workshops geared towards topics such as: Healthy Habits, Disability Rights/Advocacy, Mindfulness, Time Management, Goal Setting, etc.

Time Management Tools

Students sometimes struggle with both motivation and prioritization. Working with their mentor, they will develop time management skills that increase productivity and accountability.

Mentees will be expected to:

- Complete the mentee application
- Attend University Disability Services Peer Mentor Program Kick-Off Meeting
- Communicate effectively and often with their mentor
- Schedule meeting times and have some discussion topics prepared
- Work with their mentor to create achievable goals
- Keep a log of meetings and contacts
- Stay in touch with University Disability Services about the program and progress
- Attend all scheduled meetings
- Be vigilant of their role as a representative of the University Disability Services Peer Mentor Program
- Be open to new experiences and interactions
- Be honest and dependable
- Exhibit a level of professionalism while still maintaining a peer relationship with mentor

Now,
Let's apply.

BU





Bloomburg University Disability Services

Warren Student Services
Center (WSSC) 043

570-389-4491
bloomu.edu/offices-directory/disability-services

We look forward to helping you hit your STRIDE here at BU!

