

PEER MENTORSHIP PROPOSAL

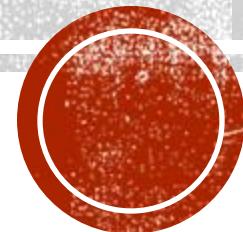
In Counselor Education

Suzy Vaile, LCMHCA, LCASA

Louis Alvey, LPC, LSATP

Debbie Millman, LPC, NCC

Sandra Eiler, LPC, NCS, ICS



PROPOSAL FOR PEER MENTORING

CHALLENGES

- Lack of connection to others in the program
- Higher rate of attrition
- Students may not understand benefits of this program as a protective factor



PROPOSAL FOR PEER MENTORING

ADVANTAGES

- Improved sense of connection
- Increased retention
- Adds a protective factor for those who use it



Are they using it?



WHAT WE PROPOSE...

Engage with new CES students through:

- 5 minutes
- Orientation class (COUC715)
- Deliver the following presentation



PEER MENTORSHIP

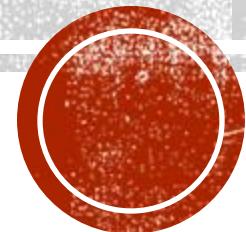
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YOU ARE A DOC STUDENT



NOW WHAT?





RESEARCH SHOWS:



- National attrition rates within US Doctoral Programs range within 50-70%
- Tendency of students to leave the PhD program before finishing the candidacy exam and the dissertation process
- Online students can feel a lack of connection (particularly vulnerable)
- Peer mentorship creates a sense of community

Nuwagaha, 2023

Geven et al., 2018; Ivanka & Stick, 2007



PURPOSE OF A MENTOR

- Provides
 - Guidance
 - Motivation
 - Emotional support



BENEFITS OF PEER MENTORSHIP INSTITUTION

- **Retention**



- **Completion of degree**



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BENEFITS OF PEER MENTORSHIP

MENTEE



- Increases wellness and self-care of students
- Builds connection
- Inspires motivation to continue
- Schedule at convenient times
- Mentors provide empathy and a safe place to discuss challenges and your journey in the program



**SMALL TIME
COMMITMENT...**



BIG PAYOFF



FOR MORE INFORMATION:

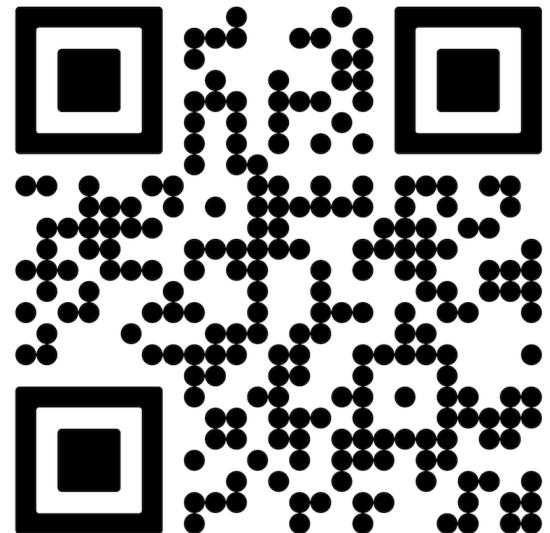


- Contact Daniel Kimonyi
dkimonyi@liberty.edu



REFERENCES:

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for your
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Peer Mentoring

