

# PEER SUPPORT:

## *learning from your peers*

Studying with friends is a fun and interactive way of learning which has many benefits for your academic work. Get involved in one of Exeter's Peer Support programmes to improve your grades, skills, networking, employability or to just make new friends.

### WHAT IS THE SCHEME?

#### How it all works...

You will be connected with a student on your course who is in the year above you.

You can meet with them to gain support and advice on aspects of the course that you are finding difficult.

Your peer leader will feed back to your department on areas that students are struggling with to help improve your course.

It is a no-pressure environment for you both to share ideas and tips on how best to organise your work and time.

*"I love Peer Support. It was such a positive experience for me"*

### WHAT WOULD I DO?

<b>Discuss</b>	various aspects of the your module or chosen topic
<b>Exchange</b>	useful ideas and tips and be directed to helpful resources/books/websites etc
<b>Ask</b>	questions in a 'safe environment' where there is no fear of saying something 'silly'
<b>Overcome</b>	challenges and cover aspects of work/life that you're struggling with
<b>Get insight</b>	into student life and how to adapt to it
<b>Explore</b>	how you're settling in to university
<b>Get help</b>	If you need support; your peer leader will guide you to the appropriate people

*"Peer support really helped me in my first year because there were lots of things that I didn't understand"*

### WHY SHOULD I DO IT?

#### It improves your...

<b>Studies:</b>	Extra support and guidance on your studies is bound to improve your grades.
<b>Skills:</b>	You'll get a whole range such as: communication, organisation, teamwork, self-directed learning skills, critical thinking and problem-solving skills.
<b>Employability:</b>	A great thing to have on your C.V, especially if you become a peer leader the following year!
<b>Networking:</b>	Meet new people in other years and form connections within your subject.
<b>Course:</b>	If lots of students are struggling with the same areas, your peer leader can feed back to your department to help improve teaching.
<b>Social life:</b>	Make new friends and feel part of a community of like-minded people.
<b>Practical issues:</b>	It's a chance to address issues that you may feel are unsuitable to ask your academic tutor. eg. housing.
<b>Experience:</b>	Having been a peer learner previously, you'll be much better equipped if you decide to become a peer leader next year (which looks even better on your CV!)

