

Section 1: What is Peer Support?



Types of Peer Programmes:

PASS

PASS stands for '**Peer Assisted Study Sessions**'.

PASS gives lower year students the opportunity to gain **support and guidance on a specific module or topic** in a relaxed, supportive and fun environment from experienced higher year students who have been on the same module in previous years.

The aim of PASS is to **enable a deeper conceptual understanding** of fundamental academic principles within the module and to increase students' confidence. The aim is not to offer 'strategic learning' to pass exams but to embed genuine understanding.

What do PASS sessions look like?

PASS sessions are **regularly scheduled and are listed on students' timetables**.

Within these sessions, the higher year students who are called 'Peer Leaders' **facilitate discussion** amongst mentees in their group around **the concepts within a specific module or topic** to enhance understanding.

As with all types of Peer Support Programmes, **PASS does not involve teaching**. It is based around Peer-Facilitation – where Peer Leaders draw on their own experiences within that module, and their understanding of the module's content, to **facilitate learning through discussions, guided questioning and fun activities**. Peer Leaders encourage active learning and help students explore the topic and **find solutions to their problems themselves via peer-to-peer interactions** within the group.

Section 1: What is Peer Support?



Types of Peer Programmes:

PAL

PAL stands for '**Peer Assisted Learning**'.

Similar to PASS, PAL gives lower year students the opportunity to gain support and guidance in a relaxed, supportive and fun environment from experienced higher year students – however with Peer Assisted Learning, **the guidance is around concepts that relate to the discipline as a whole** rather than 1 or 2 specific modules.

The aim of PAL is to **enable a deeper conceptual understanding** of fundamental academic principles within the discipline and to increase students' confidence. The aim is not to offer 'strategic learning' to pass exams but to embed genuine understanding.

What do PAL sessions look like?

PAL sessions are **regularly scheduled** and within these sessions, higher year students **facilitate discussion** amongst mentees in their group **around key areas within their discipline** to enhance understanding.

As with all types of Peer Support Programmes, **PAL does not involve teaching**. It is based around Peer-Facilitation – where Peer Mentors draw on their own experiences within their discipline, and their understanding of discipline-specific concepts, to **facilitate learning and academic skills development through discussions, guided questioning and fun activities**. Peer Mentors encourage active learning and help students explore the topic and **find solutions to their problems themselves via peer-to-peer interactions** within the group.



Types of Peer Programmes:

PEER MENTORING / BUDDY SCHEME

Peer Mentoring or 'Buddy Scheme' programmes give lower year students the opportunity to gain **pastoral support** and general guidance from experienced higher year students in relation to **various aspects of life at University** and the **transition to new ways of living and learning**.

These programmes aim to ensure that students **feel part of the community** at University, that they **settle in to their surroundings** and ensure that **they know where to go for support**.

What do Peer Mentoring / Buddy Scheme sessions look like?

Throughout the programme, the higher year students who are called 'Peer Mentors' are in contact with their mentees and organise sessions to **give support through listening to and discussing any concerns they may have**.

Peer Mentors draw on their own experiences at University to give encouraging guidance and to **direct mentees to the appropriate support services available**.