



THE CITY OF
LEICESTER
COLLEGE



Post-16 Mentoring
What sixth form Mentoring looks
like

What is Mentoring?

Mentoring at the City of Leicester College is person centered and focuses on the individual. It aims to support students reduce potential barriers to learning.

We all have times in our lives where other factors mean we aren't achieving our full potential. Mentoring is designed to help you face those barriers and overcome them.

At the City of Leicester college, we offer:

1:1 Mentoring Sessions: These are offered on a referral basis. You may be referred by a tutor, teacher or the pastoral team but you can also refer yourself. These sessions are weekly for approximately half a term at a time. They are target based to help you work towards overcoming any challenges you may be facing.

Drop-In Sessions: Just need to talk something through or want to see if Mentoring is really for you? Drop-in sessions (no need to book) are everyday during lunch break and Period 5.

Workshops: Two workshop groups a half term 3-4pm that you can sign up to. These workshops will be aimed at developing different skills and managing the pressures of Sixth Form Life. Look out for adverts in the study center.



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What Can a Mentor Support me with?

- Mentoring is about you! Support is whatever you need it to be. But common types of support offered include:
- -Motivation and future goals
- -Time Management and Study Skills
- -Increasing confidence and self-esteem
- -Looking after your Mental Wellbeing
- -Managing stress and exam anxiety
- -Organization and managing workloads
- -Problem Solving and managing stressful events.



Who Can Access Mentoring?

Absolutely anyone! If you need support, have a question or just want to talk something out, then speak to the mentor for non-judgmental, tailor made; support.

Mentoring office is in the study center, there is an open-door policy which means, if the door is open, you are welcome to come in.

If you feel you would benefit from mentoring you can speak to your Tutor, Mr Rana, Mr Bhatt or Helen in the study center.

Or you can email directly **kmaclean966@tcolc.aspirelp.uk**

Remember drop-in sessions at lunch or during period 5 everyday, do not need prior booking.