

**Mentoring Session 4: Setbacks and how to cope**

**Aim**

To help students identify challenges in the university application process and develop strategies to enhance adaptability and resilience.

**Learning Objectives**

By the end of this session, the mentees will be able to...

- Recognise common stressors in the university application process
- Understand and apply strategies for maintaining well-being during stressful periods
- Develop personal resilience and adaptability skills
- Foster a supportive community through sharing experiences and discussing coping mechanisms

**Prepare in Advance**

- Reflect on your own university experiences. How did you manage to cope with sudden changes, negative emotions, etc?
- Create your Kahoot link before the session using the questions on page 2.
- Prepare the whiteboard function on Zoom

**Scaffolding**

If a mentee finishes early:

1. Ask participants to share one word that describes how they feel about the university application process.
2. Draw on a sheet of paper of how they imagine their university life would be like or alternatively, ask them to write a letter to their future-self. Prompts could be fun predictions, identify their goals, etc. It could be any length, formal or informal, etc. (The most important point is to allow them to be themselves!)

**Session Flow**

Time	Activity
5 min	<p><b>Introductions and Aims</b></p> <ul style="list-style-type: none"> <li>• Run through the aim and LOs</li> <li>• Introduce yourselves to the mentees                             <ul style="list-style-type: none"> <li>◦ One/both of you, or some of your mentees, may not have been able to attend the event</li> </ul> </li> </ul>
10 min	<p><b>Challenges of Applying for University</b></p> <ul style="list-style-type: none"> <li>• Ask the participants: "What are some of the challenges with applying for university?"</li> <li>• Write down their responses on the whiteboard</li> <li>• Examples: having to make choices, waiting for responses, predicted grades, not getting offers, entry conditions, potentially not getting into first-choice university...</li> </ul>
10 min	<p><b>Personal Experience Sharing</b></p> <ul style="list-style-type: none"> <li>• Mentor shares personal experiences with university applications, focusing on difficulties and how they overcame them.</li> <li>• Encourage participants to ask questions and share their own experiences briefly.</li> <li>• Discuss times when you didn't do as well as expected in school assessments.</li> <li>• Explain your university choices (first, insurance, or clearing).</li> <li>• Talk about how you coped with the uncertainty of waiting for offers and results.</li> <li>• Describe the pressure of meeting grade requirements for university entry.</li> </ul>
10 min	<p><b>Interactive Activity: Kahoot Quiz</b> More info on the next page.</p>
10 min	<p><b>Discussion: Building Resilience</b> Suggest participants think about the following questions and discuss in small groups. Questions are on the next page.</p>
5 min	<p><b>Plenary: Cycle 1 Reflection</b></p> <ul style="list-style-type: none"> <li>• Give the mentees the link/QR code to complete Cycle 1 reflection</li> </ul>

# ADVANCED CONNECTIONS | CYSYLLTIADAU PELLACH

## MENTOR GUIDANCE

### MENTORING SESSION 4: SETBACKS AND HOW TO COPE

The aim of this mentoring session is to help mentees to feel better equipped to handle the stresses and challenges of the university application process, while also developing strategies to maintain their well-being and resilience. Here's a detailed approach for mentoring sessions:

## 1. Kahoot Questions:

### 1. What is a common challenge in the university application process?

- Choices: Making choices, Estimated grades, All of the above

(Correct answer: All of the above)

### 2. How can you cope with waiting for university offers?

- Choices: Stressing out, Staying busy with hobbies

(Correct answer: Staying busy with hobbies)

### 3. What should you do if you feel stressed during the application process?

- Choices: Keep it to yourself, Ask for help

(Correct answer: Ask for help)

### 4. What is one way to look after your well-being?

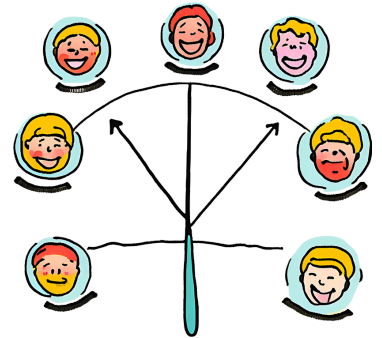
- Choices: Eat healthily, Skip meals

(Correct answer: Eat healthily)

### 5. What is important to establish during times of change?

- Choices: Positive routines, Negative routines

(Correct answer: Positive routines)



It's important to link these back to your own experiences. Share your methods of dealing with stress, unexpected outcomes, etc.

## 2. Advice for Well-being:

Provide advice on maintaining well-being during the application process:

1. Eat healthily and stay hydrated.
2. Create a peaceful and comfortable living situation.
3. Exercise regularly.
4. Establish positive routines for study, socialising, and leisure.
5. Treat yourself with compassion and kindness.
6. Seek help if you feel stressed (school, friends, family).

During the discussion, make sure to actively engage all mentees, ensuring everyone has the opportunity to contribute. If a mentee brings up a point that isn't quite what you were looking for, acknowledge it respectfully and find a way to incorporate it into the discussion. Remember, every contribution is valuable and important to your mentees' learning experience.

## 3. Discussion: Building Resilience

Suggest the mentees to think about the following questions and discuss in small groups:

- Do you feel under any pressure in your university application experience?
- What setbacks might you face in the next few months? How will you respond?
- What does it mean to treat yourself with compassion and kindness?
- What would a positive study routine look like?

## BRIGHT IDEAS!

This page contains ideas for alternative sessions, changes/additions, extra activities, etc.  
Feel free to use as you wish!

### MENTORING SESSION 4: SETBACKS AND HOW TO COPE

#### UCAS Research

Ask the mentees to open the UCAS website, and encourage them to get creative exploring different degree options.

- Remind the mentees to be open-minded about degree routes, as there will be many they haven't heard about before!
- Encourage mentees to take notes and write down pros/cons of each degree they are interested in.
  - This information can be used in the future when they apply for degrees!



#### Exploring Worries

If you think the mentees are particularly anxious about university, take time to focus on this. Open a discussion about why they are feeling this way, so you can help address those concerns. You could even tailor future sessions to come back to this!

#### Career Hot Potato

1. Suggest a STEM career (e.g. biomedical scientist, engineer, etc.)
2. Randomly select a mentee. They have to come up with a degree that would enable someone to work in that field, and list one thing that would be useful from that degree in the chosen field.
3. Continue randomly selecting mentees until they run out of ideas!

You can repeat this with different careers, or choose careers that the mentees have previously shown interest in!

#### I Wanna Be Like You

Choose some role models or famous people in a STEM industry, and explore their university/career journeys. Really nice way to show there's no fixed path to success or a good career!

An example: Bessie Blount (left-handed, nurse, invented apparatus for disabled veterans, then changed career at 55 to become a forgery expert with Scotland Yard)