



How Mentorship Benefits Peer Mentors

“Being a mentor changes the way I acknowledge the people around me; it has transformed my life in that now, I recognize the limitless potential of all the people around me. Truly, it is shaping me into the kind of person that values all individuals on a deeper level. Being a mentor is a gift. I am so grateful for the kind of respect, acceptance and love that can build and be built by encouraging mentees to be fully engaged with their educational experiences.”

Nelida P, Mentor
Hartnell College

The benefits of peer mentorship for mentees have been well documented, from increased retention and persistence rates, to higher academic performance, to a stronger sense of belonging in their campus community (Yomtov et. al, 2017; Strayhorn, 2018; Ward, Thomas & Disch, 2010; Lane, 2018; Roger & Tremblay, 2003; Talbert, 2012). Mentor Collective has also seen these results across our 60,000 mentorships and counting. In her 2016 study, Jennifer Keup found that “peer leadership meets many of the criteria to be considered as a high-impact practice.” (Keup, 2016) Most often when peer mentorship programs are implemented in higher education, it’s with the assumption that most of the benefits will be experienced by the mentees. But what’s in it for the mentors? Why do students choose to volunteer their time to participate in these programs? Scholars are increasingly interested in exactly this question and in quantifying these outcomes for peer mentors.

Below we’ve highlighted several recent studies showing how mentorship benefits peer mentors. **These findings are also supported by the qualitative feedback we receive every day at Mentor Collective from the over 22,000 mentors we’ve matched, trained, and supported since 2014.**

“Mentoring makes you feel proud. You get a feeling of pride from helping others to navigate new experiences that you have gone through yourself.”

Missy W, Mentor
University of Wisconsin - Stout

“[Being a mentor] makes me feel more a part of the community as I help the new class get adjusted.”

Elena B, Mentor
St. John's University

Snowden & Hardy (2013)

- Peer mentors were retained at a 6% higher rate than non-mentor peers in the same course.
- Both mentors and mentees earn higher grades, are more engaged with the campus community, and are more familiar on-campus support resources.

Kiyama & Luca (2014)

- Peer mentors experienced greater social capital, found more opportunities on and off campus, and became more socially-just individuals.
- “Over half (65%) of the peer mentors who participated in this study went on to work with other social justice and equity programs.” (Kiyama & Luca, pg. 505).

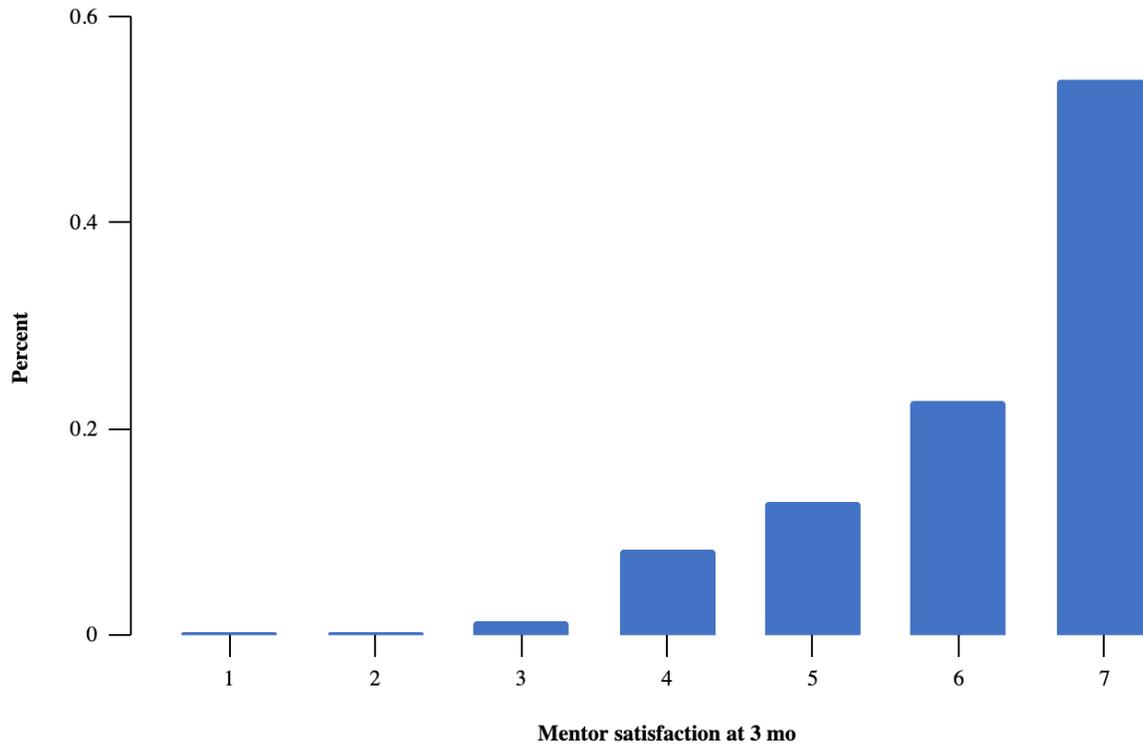
Shook & Keup (2012)

- Using data from the 2009 Peer Leadership Survey administered by the National Resource Center for the First-Year Experience and Students in Transition...
 - **91% reported increased knowledge of campus resources**
 - **81% reported a feeling of belonging to their institution**
 - **71% reported a desire to persist at their school**
- Institutions benefit from the “budget relief to the programs and offices that need to provide more student assistance to meet the demands of a larger campus community or to offset the effects of budget cuts on staffing level.” (Shook & Keup, pg. 12)
- Peer mentors are also a valuable resource for disseminating key information among the student body, acting as trustworthy advocates and points of contact for getting crucial knowledge to students.

Student mentors love working with Mentor Collective!

In a recent study of mentor satisfaction scores, over 14,000 mentors gave their feedback. 75% of those who responded rated their experience a 6 or 7 out of 7!

Overall Mentor Satisfaction at 3 mo



To learn more about how you can empower students through peer mentorship, visit us at MentorCollective.org

WORKS CITED:

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