



Peer Mentoring Awards 2017-18

Well done to our Year 12 Peer Mentors who have achieved their Peer Coaching and Mentoring certificates. They have all been very supportive and helpful to some of our KS3 students throughout this year.

A big thank you also goes to Kantz Misra from **elevate**, who has been a fantastic coach and trainer for the Peer Mentors at Cowbridge Comprehensive School.

Peer Mentor Testimonials 2017-18

'Peer mentoring was something I had never heard about until the start of year 12. At the end of the initial introduction, I realised how crucial this type of mentoring could have been for me or my friends. I know that mentoring and counselling in general can be beneficial but the age difference between the mentor and mentee can lead to misunderstanding and frustration. Peer mentoring not only provides support for aspects such as school work and stress but being a similar age means that they can talk to someone who has gone through comparable experiences. I think that more people should have a go at peer mentoring as it can help you become a better listener and I would highly recommend trying peer mentoring - it is a great feeling to know that you have made a positive impact to someone's life'.

Megan Bailey Year 12 Peer Mentor

"As a Peer Mentor, I have learnt that I can help people by giving them the support they need and by being the friendly face they can talk to."

Lucy Rodgers Year 12 Peer Mentor

'Peer mentoring has taught me a lot about how to support others who are a similar age to me and how to guide them to make decisions that are right for them. I believe that peer mentoring is a very beneficial scheme within the school as it helps connect all age groups causing a closer community in which people feel comfortable to share their worries with others. Peer mentoring has shown me how helping younger peers can improve their confidence in different subjects and helps them feel more comfortable in schools. Overall, peer mentoring shows how helping others can have an extremely positive impact on the school and has connected students of all ages'.

Rhian Crossman Year 12 Peer Mentor

'Being a peer mentor has allowed me the opportunity to help someone when they needed it the most. It gave them the chance to have the option to talk to someone. The best feeling about it all is when they actually say that they don't need to see you anymore because they are no longer struggling. You then begin to understand the impact you have had on this person's life and actually see how you have helped them make improvements. Being a peer mentor has really been a great experience'.

Megan Austin Year 12 Peer Mentor

'Being a part of the Peer Mentor scheme has been a very fulfilling experience. It gave me a chance to connect to other pupils younger than me and realise the skills needed to become a good mentor. I've learnt so much including things I didn't realise were important life skills I would use, such as listening, asking open/non-leading questions etc. I had worked with three pupils in this last year and each with their own different need, this showed me how the abilities I've gained in being a peer mentor can be applied to so many aspects and even conflicts that can occur in work and general life. I'd highly recommend becoming a peer mentor if not just for the important skills, then for the experience and satisfaction in helping younger pupils'

Bethan Ash Year 12 Peer Mentor

I have thoroughly enjoyed being a peer mentor this year as it has allowed me the opportunity to help those younger than me who were struggling with school life. Furthermore, becoming a peer mentor has given me tools I need to improve my communication skills which has taught me just how important listening in a conversation is.

Amy Olding Year 12 Peer Mentor

"I found that becoming a peer mentor gave me an opportunity to help others by providing the support and encouragement that they need. It has allowed me to develop new skills which I can utilise in the future. It is a great feeling to know that I have helped someone."

Mia Riddick Year 12 Peer Mentor