

Peer Support Development Project: Start of Year Peer Mentoring Evaluation

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Mentor Questions

The following questions will ask for details related to your peer mentoring scheme.

1. Which peer mentoring scheme have you joined?
2. What course do you study?
3. Which department are you from?
4. Which faculty are you from?
5. Are you responding as a mentor or a mentee? Your response here will determine what further questions are asked.

The following questions are related to what you are looking to get out of the scheme and how prepared you feel to be a good mentor.

6. What do you wish to gain from this peer mentoring scheme?
 - Helping a new student
 - Volunteer/work experience
 - Sharing university/student experience
 - Gaining employability skills
 - Being involved in student wellbeing initiatives
 - Networking and meeting new people
 - Receiving useful training
 - Other
7. Which employability skill do you feel that being a mentor will help you develop the most?
 - Written and verbal communication
 - Active listening
 - Leadership and coaching
 - Time management
 - Problem solving
 - Intercultural competencies and awareness
 - Evaluation and self-reflection
 - Other
8. Please select the topics that you feel you have been adequately trained/received relevant resources to provide support on.
 - Pandemic/remote or hybrid learning
 - My programme of study
 - Managing my time and workload
 - Settling into university

- Accommodation
 - Living in London
 - Study techniques or academic resources
 - Assignments and exams
 - Friendships and relationships
 - Money and finances
 - Module selections
 - Careers and/or internships
 - Co-curricular activities (e.g. workshops, trips, bootcamps)
 - Extra-curricular activities or societies at King's
 - Immigration and visas
 - Loneliness and isolation
 - Physical health challenges
 - Stress or mental health challenges
9. Do you feel confident navigating sensitive conversations/topics of concern the mentees would potentially bring up and adequately signposting for help? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
 10. I fit in with the King's community. Please give a figure on a scale of 0-10, with 0 being not at all and 10 being often.
 11. I feel supported by King's/KCLSU. Please give a figure on a scale of 0-10, with 0 being not at all and 10 being often.
 12. I feel optimistic about the semester ahead. Please give a figure on a scale of 0-10, with 0 being not at all and 10 being often.
 13. I feel confident that I can cope with my academic responsibilities. Please give a figure on a scale of 0-10, with 0 being not at all and 10 being often.
 14. I participate in student life beyond my academic commitments. Please give a figure on a scale of 0-10, with 0 being not at all and 10 being often.

The following questions will ask you for additional information that will help us to fulfil your requirements when participating in the scheme.

15. Are there any accessibility adjustments you require in order to fully participate in the scheme?
16. Do you have any further comments that have not been included in the questions above?

Group 1 Wellbeing Questions: The following questions are about your current level of wellbeing. Please answer as honestly as possible.

17. I have felt tense, anxious or nervous
 - Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
18. I have felt I have someone to turn to for support when needed
 - Not at all (4)
 - Only occasionally (3)

- Sometimes (2)
 - Often (1)
 - Most or all the time (0)
19. I have felt OK about myself
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
20. I have felt able to cope when things go wrong
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
21. I have been troubled by aches, pains or other physical problems
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
22. I have been happy with the things I have done
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
23. I have had difficulty getting to sleep or staying asleep
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
24. I have felt warmth or affection for someone
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
25. I have been able to do most things I needed to
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)

- Most or all the time (0)
26. I have felt criticised by other people
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
27. I have felt unhappy
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
28. I have been irritable when with other people
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
29. I have felt optimistic about my future
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
30. I have achieved the things I wanted to
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)

Group 2 Wellbeing Questions: The following questions are about your current level of wellbeing. Please answer as honestly as possible.

31. Overall, how satisfied are you with your life nowadays? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
32. To what extent do you feel that the things you do in your life are worthwhile? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
33. Overall, how happy did you feel yesterday? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
34. On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday? Please note that the rating scale for this question is flipped.

Mentee Questions

The following questions will ask for details related to your peer mentoring scheme.

1. Which peer mentoring scheme have you joined?
2. What course do you study?
3. Which department are you from?
4. Which faculty are you from?
5. Are you responding as a mentor or a mentee? Your response here will determine what further questions are asked.

The following questions are related to what you are looking to get out of the scheme and your preferred structure.

6. What do you wish to gain from this peer mentoring scheme?
 - Socialising and meeting new people
 - Aiding transition from school to university
 - Source of contact at university before officially starting
 - Source of troubleshooting and advice (without involving university staff)
 - Student insight and perspectives into university life
 - Source of information (academic, co-curricular, employment)
 - Promoting sense of belonging to the King's community
 - Ability to navigate university services (KCLSU/student services/personal tutor)
 - Other
7. What topics would you like to discuss with your mentor?
 - Pandemic/remote or hybrid learning
 - My programme of study
 - Managing my time and workload
 - Settling into university
 - Accommodation
 - Living in London
 - Study techniques or academic resources
 - Assignments and exams
 - Friendships and relationships
 - Money and finances
 - Module selections
 - Careers and/or internships
 - Co-curricular activities (e.g. workshops, trips, bootcamps)
 - Extra-curricular activities or societies at King's
 - Immigration and visas
 - Loneliness and isolation
 - Physical health challenges
 - Stress or mental health challenges
 - A general chat to catch up
 - Other
8. How do you want to be contacted by your mentor?

- Phone calls
 - Teams
 - Messaging platforms/social media
 - To be discussed as per need
9. How do you want meetings with your mentor to be conducted?
- In person on campus/at cafes
 - Teams meetings/video calls
 - Neither - emails/messages only
 - To be discussed as per need
10. What is the frequency of meetings/catch-ups that would be ideal for you?
- Twice a month
 - Once a month
 - Bi-monthly
 - To be discussed as per need
11. Would you prefer to be..
- In a mentee group (4-5 mentees assigned to one mentor)
 - Connected to a mentor individually (1:1)
12. If you chose the mentee group option for the previous question, would you prefer to...
- Always meet with your mentor as a group
 - Have a mix of 1:1 and group meetings
 - Meet 1:1 only

The following questions will ask you for additional information that will help us to fulfil your requirements when participating in the scheme.

13. Are there any accessibility adjustments you require in order to fully participate in the scheme?
14. Do you have any further comments that have not been included in the questions above?

The following questions will ask you for additional information that will help us to fulfil your requirements when participating in the scheme.

35. Are there any accessibility adjustments you require in order to fully participate in the scheme?
36. Do you have any further comments that have not been included in the questions above?

Group 1 Wellbeing Questions: The following questions are about your current level of wellbeing. Please answer as honestly as possible.

37. I have felt tense, anxious or nervous
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 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
38. I have felt I have someone to turn to for support when needed
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)

- Often (1)
 - Most or all the time (0)
39. I have felt OK about myself
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
40. I have felt able to cope when things go wrong
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
41. I have been troubled by aches, pains or other physical problems
- Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
42. I have been happy with the things I have done
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 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
43. I have had difficulty getting to sleep or staying asleep
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 - Only occasionally (1)
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 - Often (3)
 - Most or all the time (4)
44. I have felt warmth or affection for someone
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
45. I have been able to do most things I needed to
- Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)

- 46. I have felt criticised by other people
 - Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
- 47. I have felt unhappy
 - Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
- 48. I have been irritable when with other people
 - Not at all (0)
 - Only occasionally (1)
 - Sometimes (2)
 - Often (3)
 - Most or all the time (4)
- 49. I have felt optimistic about my future
 - Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)
- 50. I have achieved the things I wanted to
 - Not at all (4)
 - Only occasionally (3)
 - Sometimes (2)
 - Often (1)
 - Most or all the time (0)

Group 2 Wellbeing Questions: The following questions are about your current level of wellbeing. Please answer as honestly as possible.

- 51. Overall, how satisfied are you with your life nowadays? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
- 52. To what extent do you feel that the things you do in your life are worthwhile? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
- 53. Overall, how happy did you feel yesterday? Please give a figure on a scale of 0-10, with 0 being not at all and 10 being completely.
- 54. On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday? Please note that the rating scale for this question is flipped.

