

## Prospective Mentee Information



### Feeling unsure about studying at Deakin University?

#### You are not alone!

Studying at university involves:

- Learning new systems
- Finding support services and student resources
- Adjusting to new environments and routines

This can feel even more overwhelming for autistic students due to:

- Busy spaces with lots of noise
- Unfamiliar routines, people and expectations
- Lack of clarity around accessing support resources

#### What is NAVIGATE?

NAVIGATE is a peer mentoring program at Deakin that pairs autistic students with an experienced and friendly student mentor. Our student mentors are trained to support your transition to Deakin University. NAVIGATE is offered for 1-2 trimesters based on your needs.

Our mentors are students, just like you! They can answer Deakin-specific / university experience questions, help you find the right services, and support your transition to uni. For example:

- Using the Library (on campus / online)
- Locating rooms / lecture theatres
- Organisation and time management
- Using Deakin Sync and other online tools
- Other student resources (e.g. writing mentors, Learning Advisors, Counselling Services)
- Having a friendly face on campus
- Deakin clubs and societies

### What would my responsibilities be as a mentee?

- ✓ Commit to meeting your mentor **once a week for ~1 hour** (on campus or online)
- ✓ Maintain **regular communication with your mentor** via your Deakin student email, or another agreed upon platform
- ✓ Join **small, relaxed get-togethers with fun activities** to connect with other mentees and build confidence (on campus, twice per trimester)
- ✓ Participate for **1-2 trimesters** based on your needs

Your mentor will also be accessible via email for concerns that just can't wait for the weekly catch-up!



### Previous mentee feedback (quotes)

- Talking with someone who 'gets it' was really helpful
- The social aspect was very enjoyable. Quite fun to interact with others on the spectrum, they helped me adapt to different environments
- Meeting regularly with someone helped me keep on track and not feel so stressed
- The program made a lot of things easier
- I attended 1 connection event and it's something I wouldn't have been able to do before NAVIGATE. I was finding it fun to socialise
- Transitioning to uni was tough, but the program clarified things earlier which was helpful. Was reassuring to know someone was always there

### Interested?

If NAVIGATE sounds interesting and relevant to you and your needs, **please contact us at [navigate@deakin.edu.au](mailto:navigate@deakin.edu.au)**. A NAVIGATE Program Team member will be in contact with you ASAP to schedule an informal chat. This will be a friendly, 10-15 min chat (via phone, Zoom, or over email) to understand more about your needs, your preferences for a mentor, and to answer any of your questions about NAVIGATE.

