

# Become a Peer Mentor

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I still remember my first days as an international student - lost, anxious, and unsure about navigating this new country, city and post secondary institution. My peer mentor became my lifeline, guiding me through the transition and helping me find my footing. That experience inspired me to pay it forward.

Becoming a peer mentor transformed me in ways I never expected. As someone who was extremely introverted and struggled to make friends, I was terrified of talking to people. But mentoring pushed me out of my comfort zone in the best way possible. Suddenly, I wasn't just helping others navigate their challenges - I was building genuine connections, developing leadership skills, and becoming part of a vibrant community.

The program brought me countless leadership opportunities. I was able to support various campus events and even land an on-campus job as a Student Ambassador helping with Open House, Startup events like Campus Welcome Day, and speaking about my experiences at Seneca at the International Student Meet and Greet. These are the experiences I wanted when I came to Seneca. Today, I'm proud to be supporting the program as a Lead Mentor. All these opportunities came to me because I decided to be a peer mentor. These experiences not only helped with my campus life experience but also strengthened my resume and career prospects.

The skills I've gained - communication, leadership, empathy, and problem-solving have been invaluable for my personal and professional growth. But the most rewarding part? Knowing I made someone's journey a little easier, just like my mentor did for me.

If you've experienced the challenges of adjusting to campus life, you have exactly what it takes to make a difference. Your story matters. Your experiences can light the way for someone else.

**Applications open on November 10.** Be the mentor you needed. Your journey can inspire others - don't miss this opportunity to make an impact.

*Written by Jaishnav Prasad, Student Services Ambassador*

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