



# cysylltu | connect

## Student Connector (One-to-One) Role Description

<b>Organisation / department</b>	CONNECT and Discovery
<b>Role title</b>	Student Connector (One-to-One)
<b>Reporting to</b>	CONNECT Student Project Coordinator – One-to-One
<b>Days and times required</b>	Flexible, as and when required. Most activities will take place at a time chosen by you and we do not expect volunteering to take place at the same time each week. Volunteers must also attend two x 3-hour induction workshops before commencing role.
<b>Time Commitment</b>	Minimum of 2 terms
<b>Person Specification</b>	<ol style="list-style-type: none"><li>1. Warm, approachable and keen to engage with other students</li><li>2. Good at identifying students who may be isolated or lonely and making connections</li><li>3. Happy to approach other students and start conversations with them</li><li>4. A basic understanding of wellbeing (full training will be given)</li><li>5. Willingness to promote workshops, events, activities, societies, volunteering and other opportunities across the University and in the community.</li><li>6. The ability to record basic information about tasks undertaken</li><li>7. Recognises personal boundaries, the boundaries of the project and when to seek additional support</li><li>8. High level of initiative and able to work independently</li></ol>
<b>Purpose of role</b>	<ul style="list-style-type: none"><li>• To reduce student isolation and improve wellbeing and positive mental health on campus</li><li>• Promote positive behaviours and choices that support good mental health amongst the student community</li><li>• Support students to access University and community support services and social activities</li></ul>
<b>Main tasks might include</b>	<ol style="list-style-type: none"><li>1. Accompany students to societies and events*</li></ol>

	<ol style="list-style-type: none"> <li>2. Use your own networks and social media to share positive messages, campaigns and info about on campus events.</li> <li>3. Approach potentially isolated or lonely students and invite them to attend events* or access support.</li> <li>4. Encourage informal groups such as people living in the same flat or attending the same course to attend events* and support each other.</li> <li>5. Undertake small positive actions such as paying another student a compliment, asking them how they are.</li> <li>6. Signpost students to other activities or support services as needed.</li> <li>7. Liaise and work with staff Connectors as and when needed.</li> <li>8. Use the Connect website to make contact with students, share information &amp; resources and support other volunteers.</li> <li>9. Attend regular group supervision sessions to reflect on your role.</li> <li>10. Submit regular activity reports through the Connect website.</li> <li>11. Find out what additional wellbeing support students would welcome.</li> <li>12. Support the CONNECT team at events, for example, inductions, open days, fresher's fayres and arrivals</li> </ol> <p>* Events will include group wellbeing sessions, clubs and societies, volunteering, stress reductions sessions</p>
<b>Training/support</b>	<ul style="list-style-type: none"> <li>• Student Mind's 'Look After Your Mate' workshop</li> <li>• Connector induction workshop</li> <li>• Ongoing support from Student Project Coordinator and CONNECT Project Coordinator</li> <li>• Reimbursement of expenses</li> <li>• Opportunities to undertake additional training and attend upskill sessions</li> </ul>
<b>Benefits</b>	<ul style="list-style-type: none"> <li>• Experience of working within the field of student wellbeing &amp; mental health</li> <li>• Opportunity to develop communication skills</li> <li>• Increased confidence in supporting others</li> <li>• Work within a team of enthusiastic volunteers</li> </ul>