



Peer mentoring – a source of support and well-being for doctoral researchers

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PEER MENTORING

- Peer mentoring = people sharing a similar life situation share their experiences and knowledge

Mentoring	Peer mentoring
Experienced mentor, novice mentee.	The mentor does not have to be more experienced than the mentee.
The mentor guides and gives advice to the mentee.	Mentor and mentee share their experiences/ knowledge.





WHY??? Peer Mentoring Group



Emotional Support



**Academic
Guidance**



Networking



**Time Management
and Work-Life
Balance**



**Research
Collaboration**



**Well-Being and
Stress Reduction**



**Career
Development**

The Peer Mentor



Arranges time and place for the meetings



Plans the structure of the meetings and keeps the time



Discusses group rules and practices



Starts and ends the group meetings and gives all necessary instructions

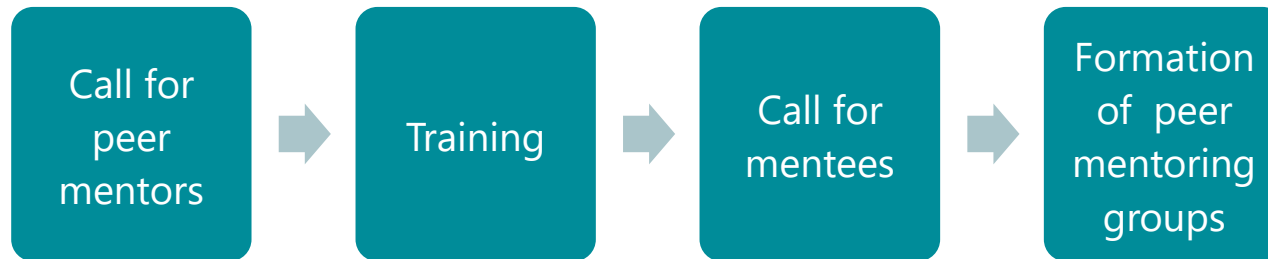


Supports group formation

Peer mentoring groups

Based on the preferences of the peer mentor, the groups

- Meet online or face-to-face
- Are English or Finnish speaking
- Use different working methods
- Meet for a predetermined period or “indefinitely”



BENEFITS



THANK YOU!

