



U.Porto Mentoring Program

A program for the integration and solidarity experiences of students at the University

17 November, 2022

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InterWeek 2022

University of Porto

14—17 November





PROGRAMA TRANSVERSAL MENTORIA INTERPARES U.PORTO

U.PORTO MENTORING PROGRAM

- Integration of new students
- Encouragement of students' academic success
- Reduction of the risk of dropout
- Space of freedom
- Encouragement of autonomy
- Social support network
- Diversity and intercultural exchange



U.PORTO MENTORING PROGRAM: STRUCTURAL DIMENSIONS

- **Institutional Responsibility**
- **Peer Relationships**
 - . Symmetry
 - . Democratic, solidarity and social equality values
 - . Academic community belongingness
 - . Voluntary participation
- **Pedagogical Dimension**
 - . The role of (volunteer) teachers
 - . Development of students' social skills (e.g., empathy, solidarity, social and civic responsibility)
 - . Student-centred methodology based on mentors' active participative learning process
 - . Formal and mainly informal training (in the field)

U.PORTO MENTORING PROGRAM: A SINGLE AND DIVERSE PROGRAM

- Program transversal to the U.Porto that respects each faculty's specificity
- Scientific and Pedagogic Coordinator Commission
 - Supports implementation of each mentoring program
 - Monitors the ongoing program
 - Facilitates sharing experiences
- Transversal Coordination Commission
- Transversal Commission of Mentors
 - Guarantees program transversality



Mentoring Logos: Faculties and Students' Residences

U.PORTO MENTORING PROGRAM: COLLECTIVE ACTIVITIES

- Formal training sessions
- Hosting sessions for new students
- Welcoming sessions for international students
- Training sessions for mentors and teachers
- Workshops promoted by mentors
- (online and face-to-face) Social and cultural events



U.PORTO MENTORING PROGRAM: COLLECTIVE ACTIVITIES

ACTIVITIES 2021_2022:

- . Welcome and integration activities and events
- . III Meeting of U.Porto Mentoring Program
- . I U.Porto Mentoring Program Days – pedagogic dimension and coordination by teachers
- . Meetings of the U.Porto Mentoring Commissions
- . Dissemination actions: mentors t-shirt; vídeos and flyers about the program; “Mostra U.Porto”, Site and Social Media.

COLLECTIVE ACTIVITIES



AQUI VOU SER FELIZ

COLLECTIVE ACTIVITIES



III ENCONTRO MENTORIA U.PORTO

MENTORIA EM FESTA!

27 DE ABRIL 2022
17H30 > JARDINS DA FADEUP

PROENQUENQUE TAZU (UNIVERSIDADE FEDERAL DO RIO DE JANEIRO) ATIVIDADES E JOGOS MOMENTOS MUSICAIS

SABE MAIS? [CLIQUE AQUI](#)

I JORNADAS MENTORIA

UNIVERSIDADE DO PORTO

DIMENSÃO PEDAGÓGICA E COORDENAÇÃO DOCENTE

12 DE JULHO, 14:30
FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO DA U.PORTO (FCNAUP)
Rua do Campo Alegre 221, 4150-100 Porto

Noite de Mentores

Out' 28 | 21H-22H

Via Zoom

1º Encontro de Mentores 2021/22

Uma Tarde no Museu

09 DEZ 17h30

Colaboração: Prof. José Paulo Silva (Núcleo Museológico da FFUP) Prof. Honorária Cidade (Biblioteca FFUP/ICBAS)

Exposição do Centenário - "100 anos de Ensino Farmacêutico" (Piso 3) Núcleo Museológico da FFUP (Piso 0)

À conversa com... Mentores de Matemática

Segunda-feira, 15 de novembro, 19h30

<https://videoconf-collibri.zoom.us/j/8638176532>

PASSA O DIA COMIGO

Diogo Avetiro - 2o ano

ACEITEI SER MENTOR, E AGORA? PRINCIPAIS DESAFIOS

2ª FORMAÇÃO PARA MENTORES

26/10 - 18H ANF7
29/10 - 18H ANF1

ENCONTRO MENTORES E MENTORADOS

PÁTIO DA AE

20 OUTUBRO 17h

Formação

Ser mentor - Desafios e Dilemas

21 DE OUTUBRO

Momentos de Partilha

Via Zoom

Experiências de mobilidade

Ciências da Educação

Sofia Nunes Jardim de Infância Frankfurt, Alemanha Experiência para recém-diplomados

Sara Vasconcelos Universitat Autònoma de Barcelona Barcelona, Espanha Experiência de estágio curricular

Rita Roque Masaryk University Brno, República Checa Experiência de estudo

Mafalda Silva Università degli Studi di Parma Parma, Itália Experiência de estudo

Dia 25 de novembro, das 18h30 às 20h

Via Zoom

1 DE OUTUBRO VISITA AO COMPLEXO FFUP-ICBAS

Participa na integração dos novos estudantes da FFUP.

PASSEIO PELO PORTO COM OS/AS MENTORES/AS

Terça-feira 30 de novembro 14:30h

Link de inscrição na descrição

CONVERSAS eVIDENTES

Atividades Extracurriculares: Como Conciliar?

16 Nov, 21h30 | @mentoria_fmduip

Tarde de Jogos Tradicionais

Afternoon of traditional games

PEDDY PAPER DE NATAL

9 de Dezembro

A partir das 14h30

VEM JOGAR CODENAMES

20 DEZEMBRO ÀS 21:15 VIA ZOOM

Link na bio

Junta os teus amigos e ganha um kit da GUM

MENTORIA Natal Solidário

13 de Dezembro CANTINA | 13H - 15H

- OFERTA DE BENS ALIMENTARES PARA O NASA
- TROCA DE PRESENTES ENTRE MENTORES E MENTORADOS

UNIVERSIDADE DO PORTO MENTORIA INTERPARES

REUNIÃO MENTORIA

DOCENTES, MENTORES E MENTORADOS

18 DE NOVEMBRO 21H ONLINE

Advento da Mentoria

Cumpra os desafios e habilita-te a ganhar prémios!

1 2 3 4 5

Momentos de Partilha

Via Zoom

Experiências de mobilidade

Psicologia 23 de novembro

Ciências da Educação 25 de novembro

Das 18h30 às 20h

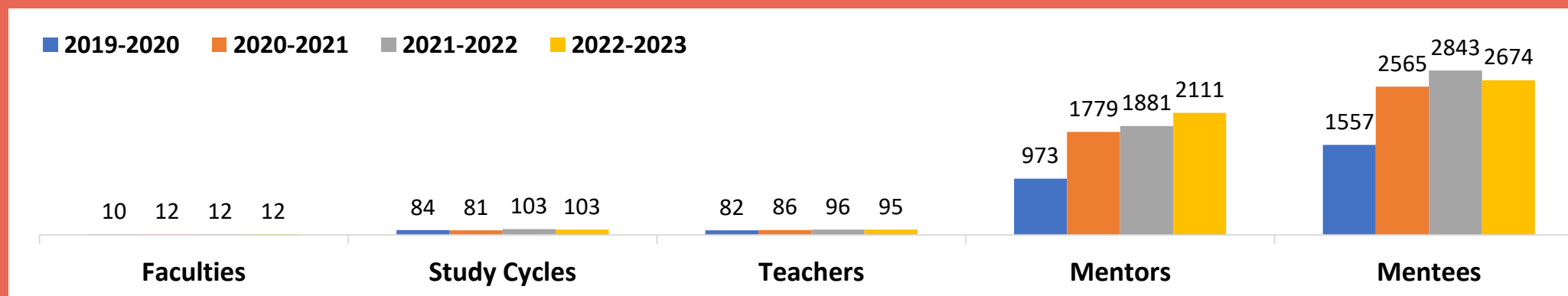
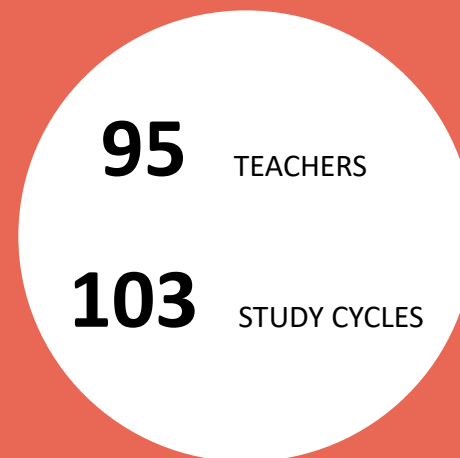
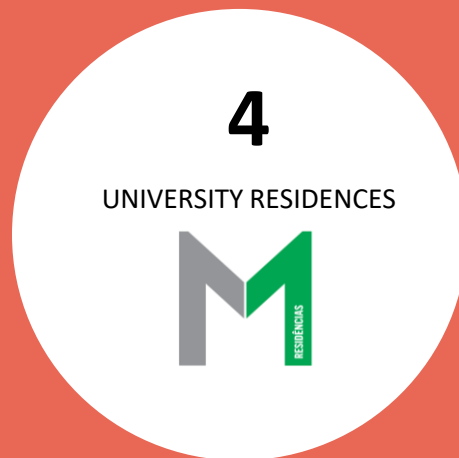
Via Zoom

INTRODUÇÃO À MENTORIA

1ª FORMAÇÃO PARA MENTORES 2021/2022

29/09 - 18H
1/10 - 18H

NUMBER OF TEACHERS, MENTORS, MENTEES AND STUDY CYCLES



**Data for the current academic year are still preliminary.*



ANALYSIS OF THE MONITORING AND EVALUATION QUESTIONNAIRE OF THE U.PORTO MENTORING PROGRAM

EVALUATION FROM 1º SEMESTER » MENTORS AND MENTEES - 2021/2022

MONITORIZATION 1º SEMESTER » MENTORS AND MENTEES - 2021/2022

January – February: 1st semester monitorization questionnaires administered to mentors and mentees.

Evaluation of the progress of the U.Porto Mentoring Program U.Porto.

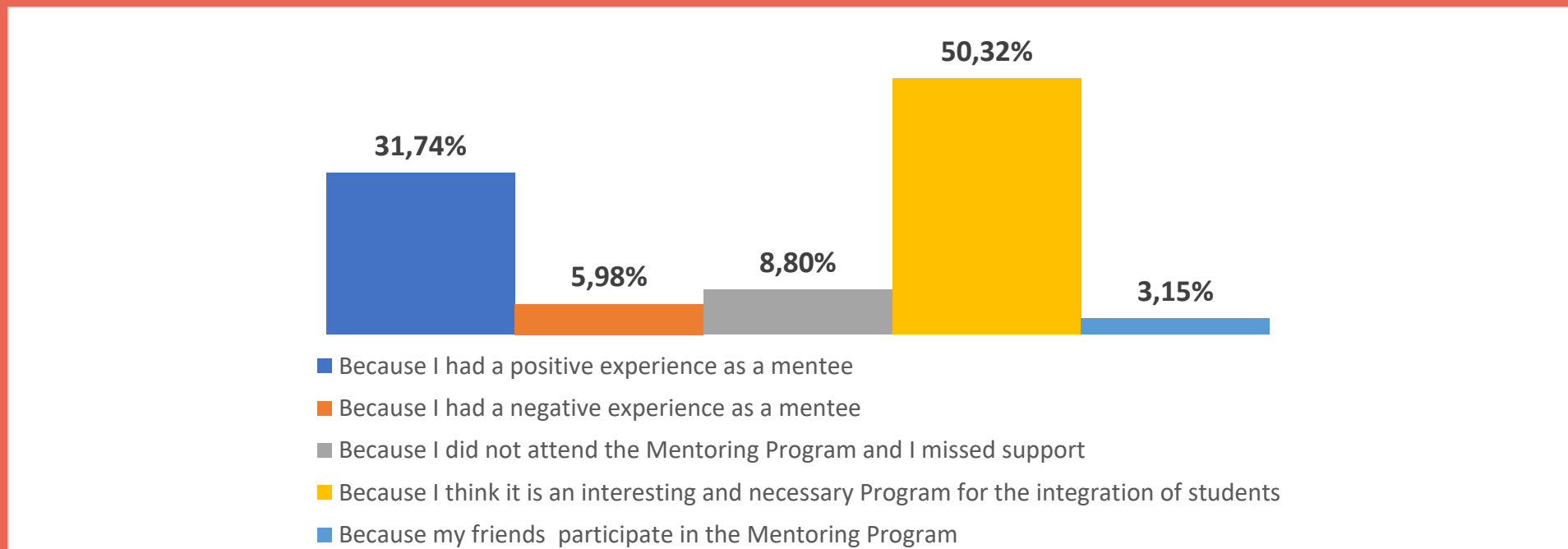
TOTAL: 1835 RESPONSES

Survey for Mentors - 855 responses - 45% of 1881 mentors

Survey for Mentees - 980 responses - 34% of the 2843 mentees

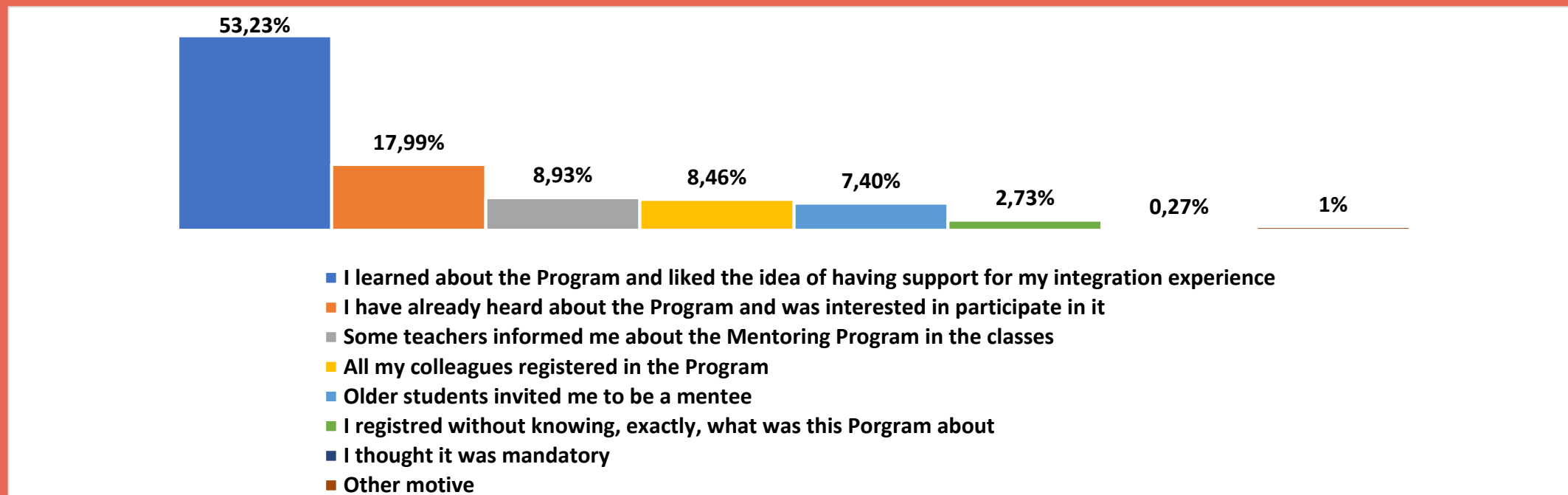
REASONS FOR BECOMING A MENTOR:

50% of the Mentors say they signed up because they understood that the Mentoring U.Porto Program is a necessary and interesting program for the integration of students and 31% say that the main reason was their positive experience as a mentee.



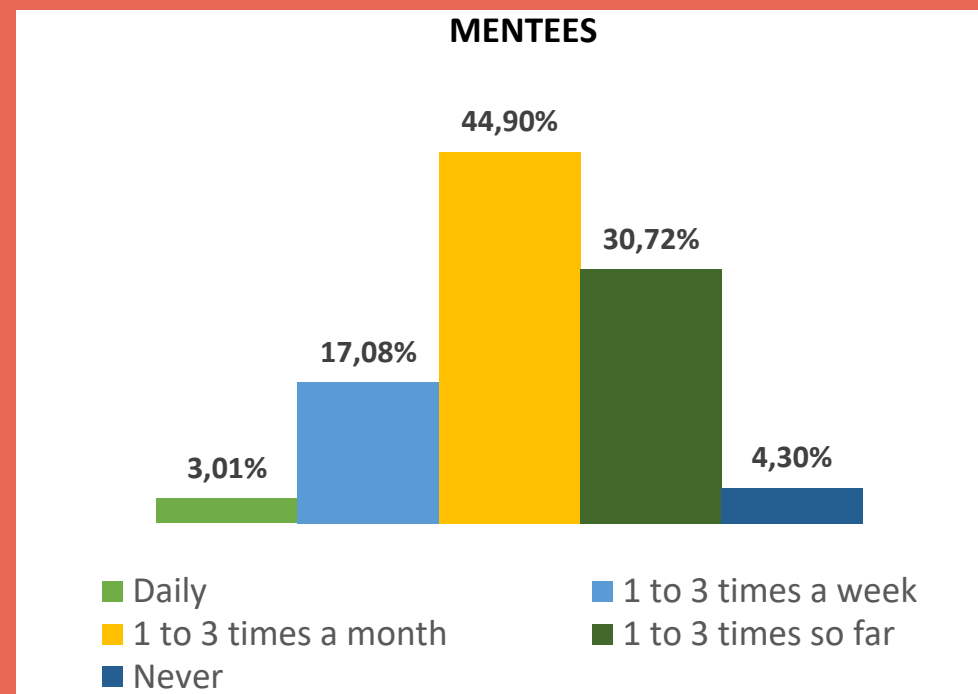
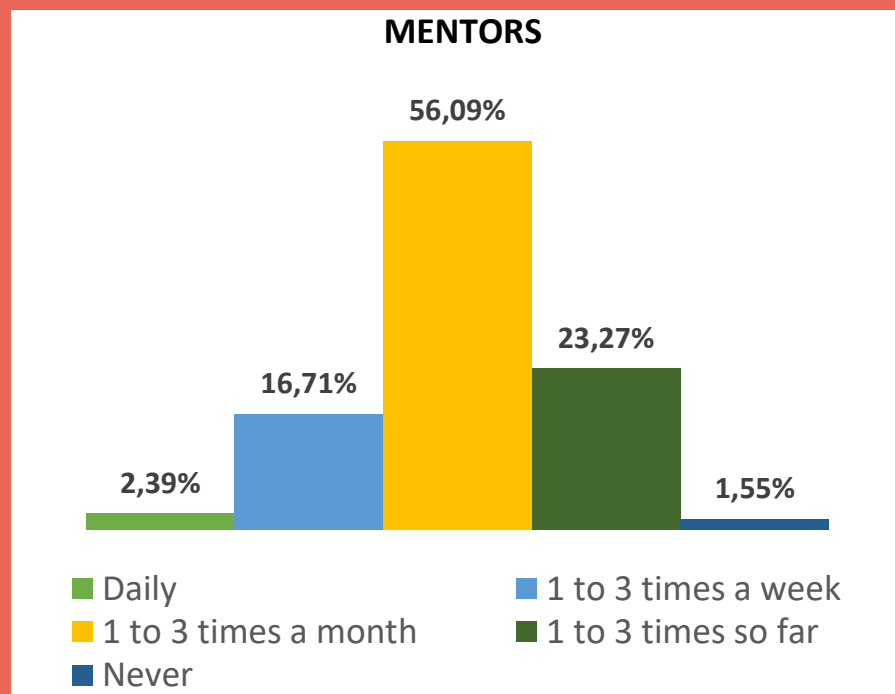
REASONS FOR BECOMING A MENTEE:

More than 50% of the Mentees say they signed up because, upon learning about the Program, they liked the idea of being supported in their integration process; the second highest rate (18%) reflects that they had already heard about the Program and were already interested in participating.



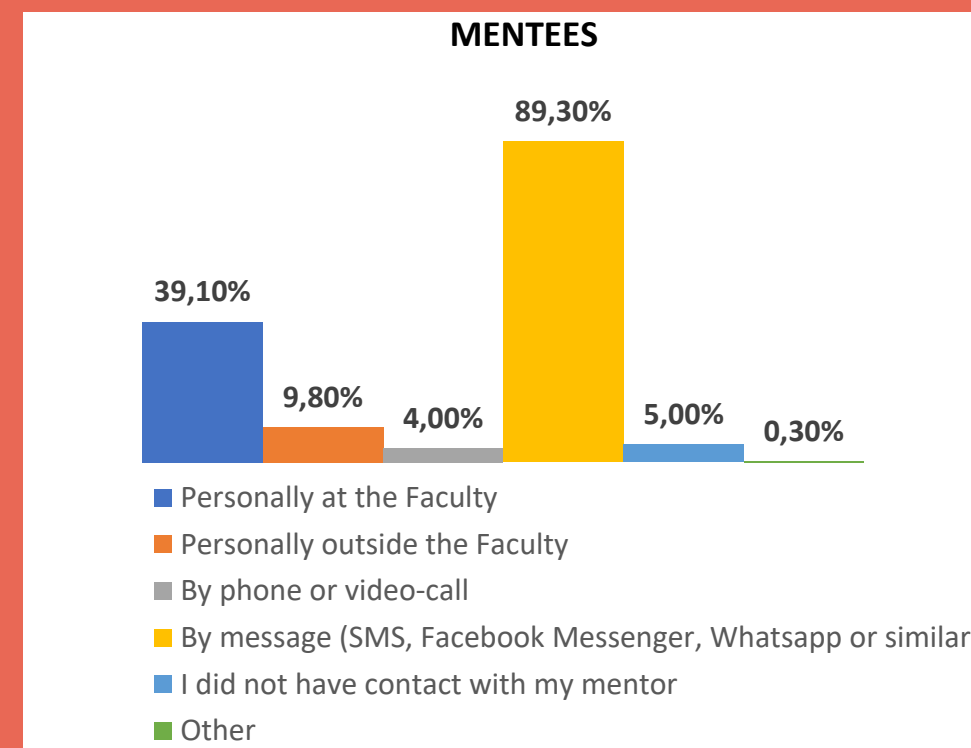
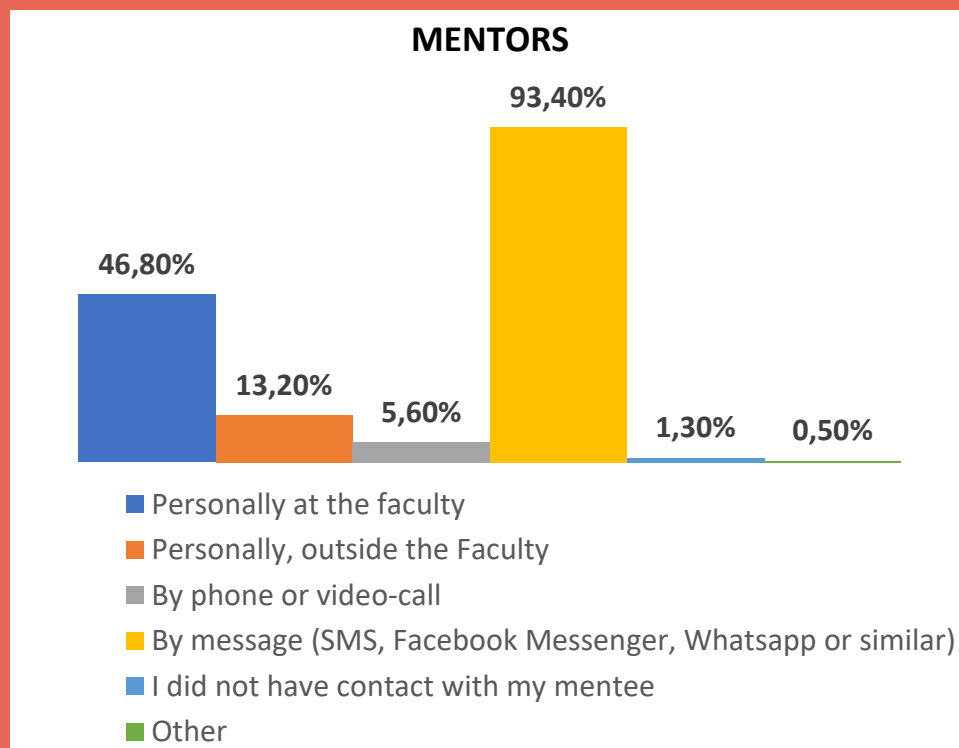
FREQUENCY OF CONTACT BETWEEN MENTORS AND MENTEES

75% of Mentors and 65% of Mentees say they contacted/were contacted at least 1 to 3 times a month



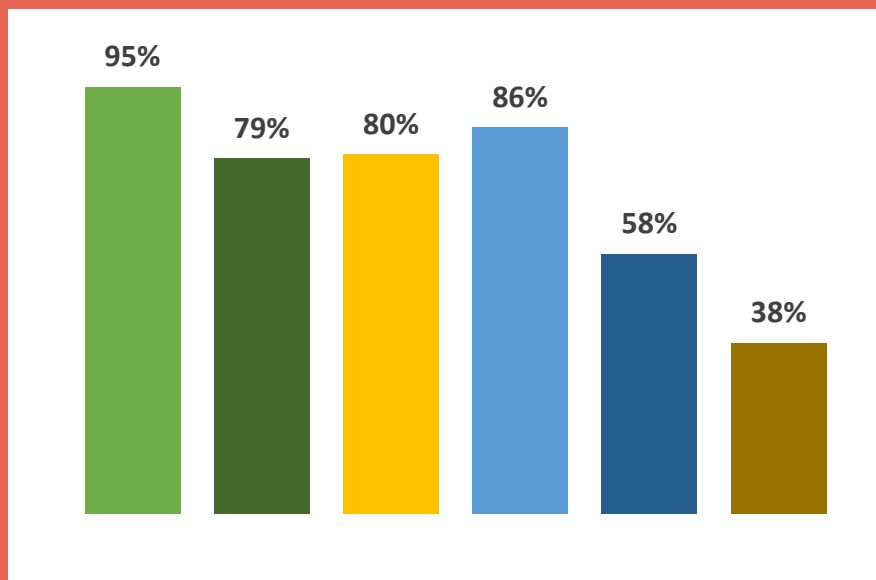
CONTACT BETWEEN MENTORS AND MENTEES

93% of the mentors and 89% of mentees stated that the main form of contact is through messages; personal contact is mentioned by 60% of mentors and 48.9% of the mentees

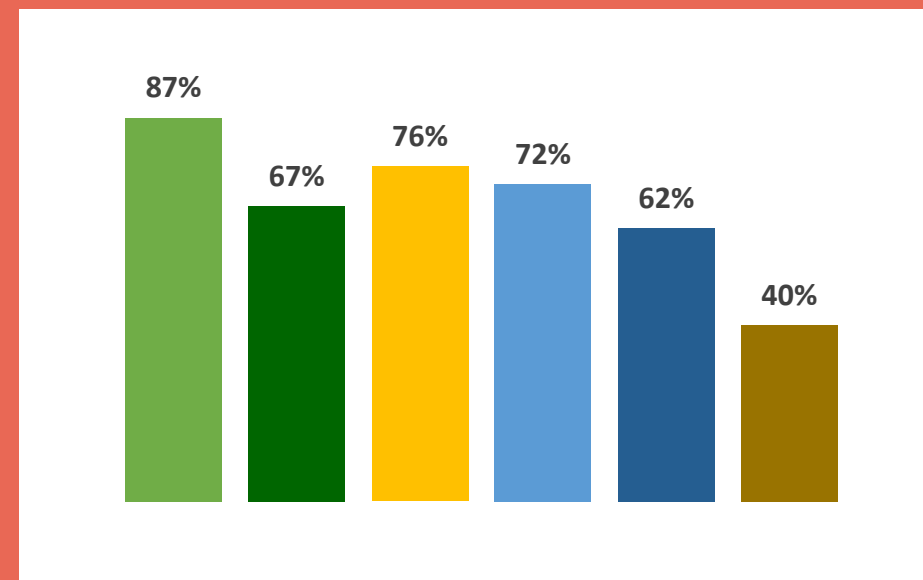


TYPE OF SUPPORT PROVIDED BY MENTORS, AND REQUESTED BY MENTEES

TYPE OF SUPPORT PROVIDED BY MENTORS



TYPE OF SUPPORT REQUESTED BY MENTEES

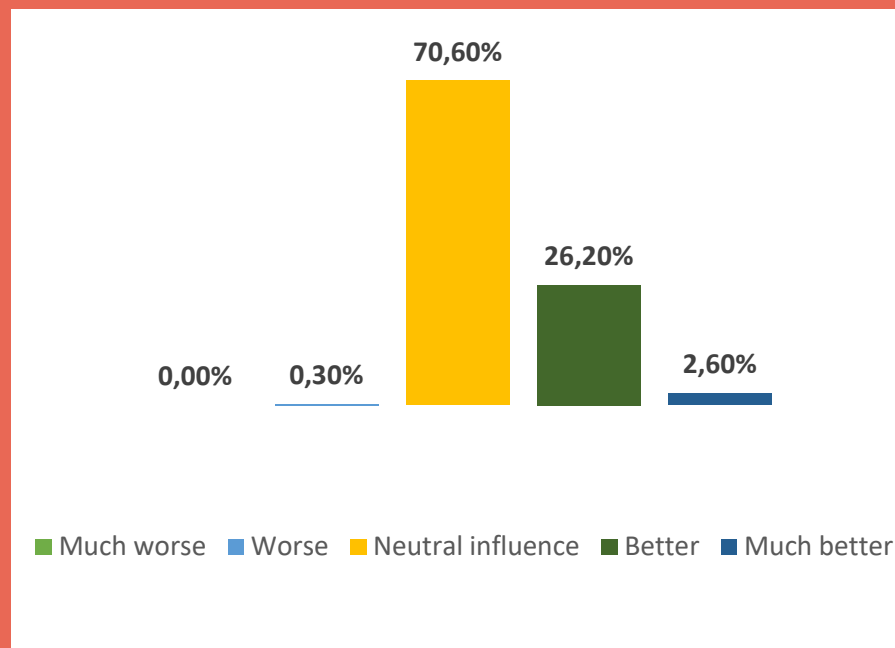


■ Academic ■ Emotional ■ Faculty services ■ Integration ■ UP services ■ Pandemic

INFLUENCE OF U.PORTO MENTORING PROGRAM ON ACADEMIC PERFORMANCE

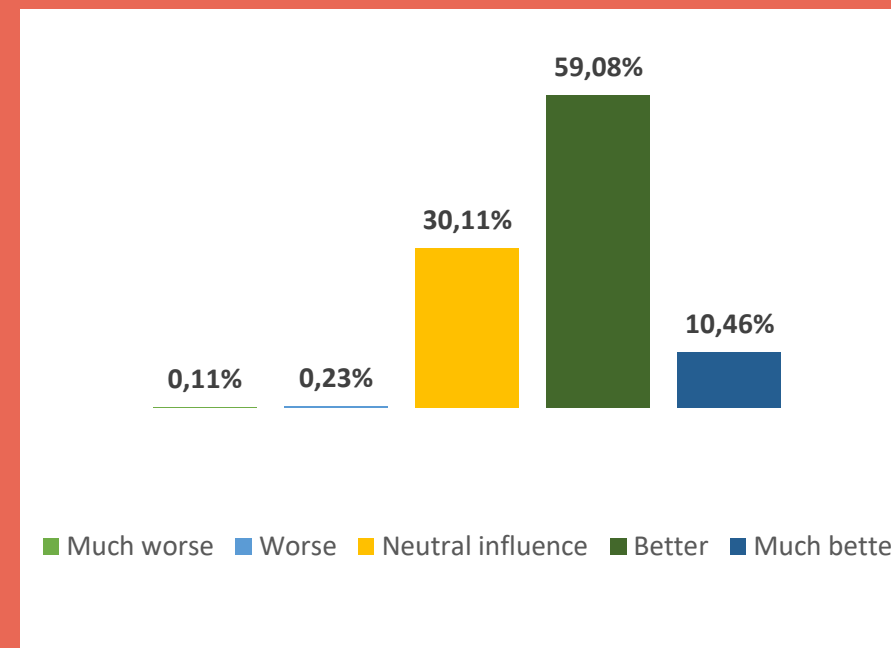
28.8% of the mentors report a positive effect of the Mentoring Program in their academic performance.

MENTORS



69.5% of mentees report the positive effect of the Mentoring Program on their academic performance.

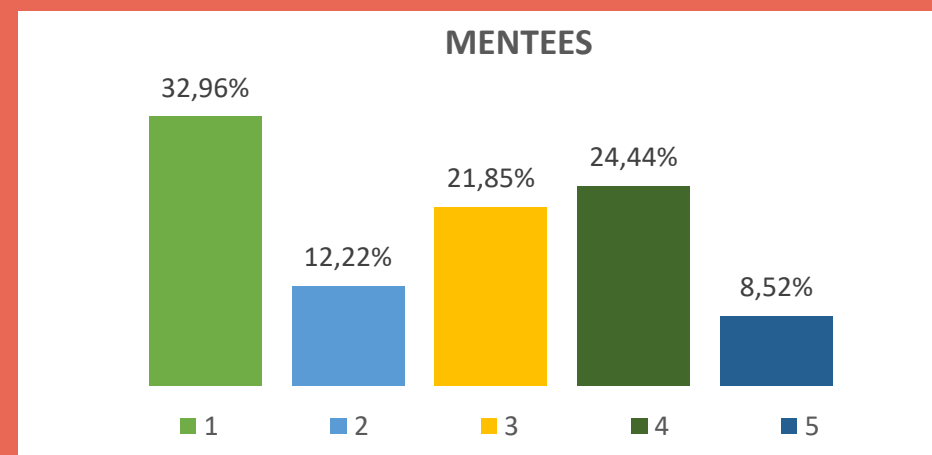
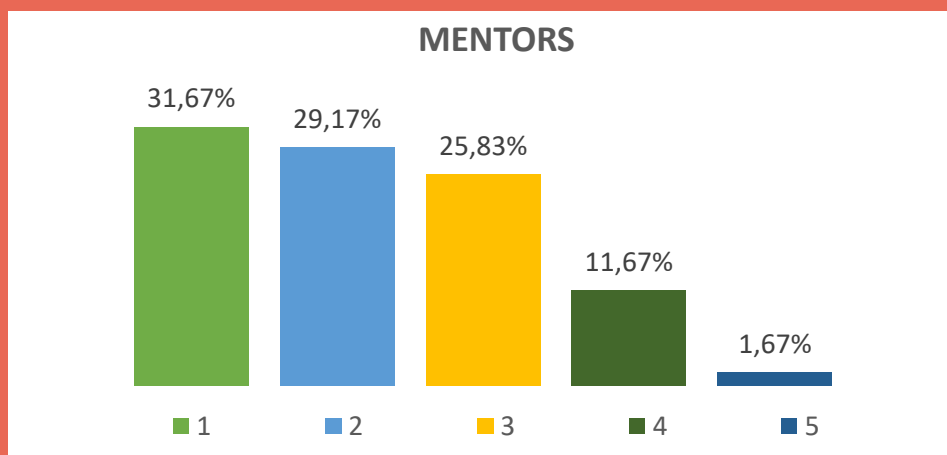
MENTEES



INFLUENCE OF U.PORTO MENTORING ON PERMANENCE IN THE COURSE

Mentors and mentees who claim to have considered the possibility of dropping out or changing their course (15% [120] mentors and 32% [270] mentees), were asked about the influence of the Mentoring Program on their decision to stay.

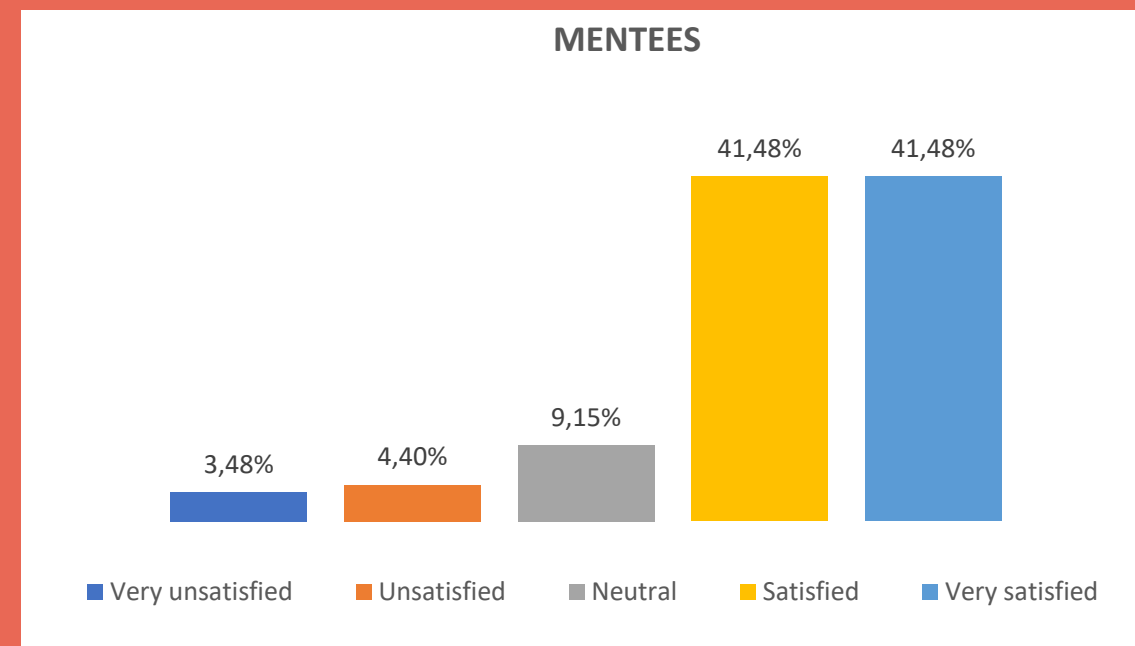
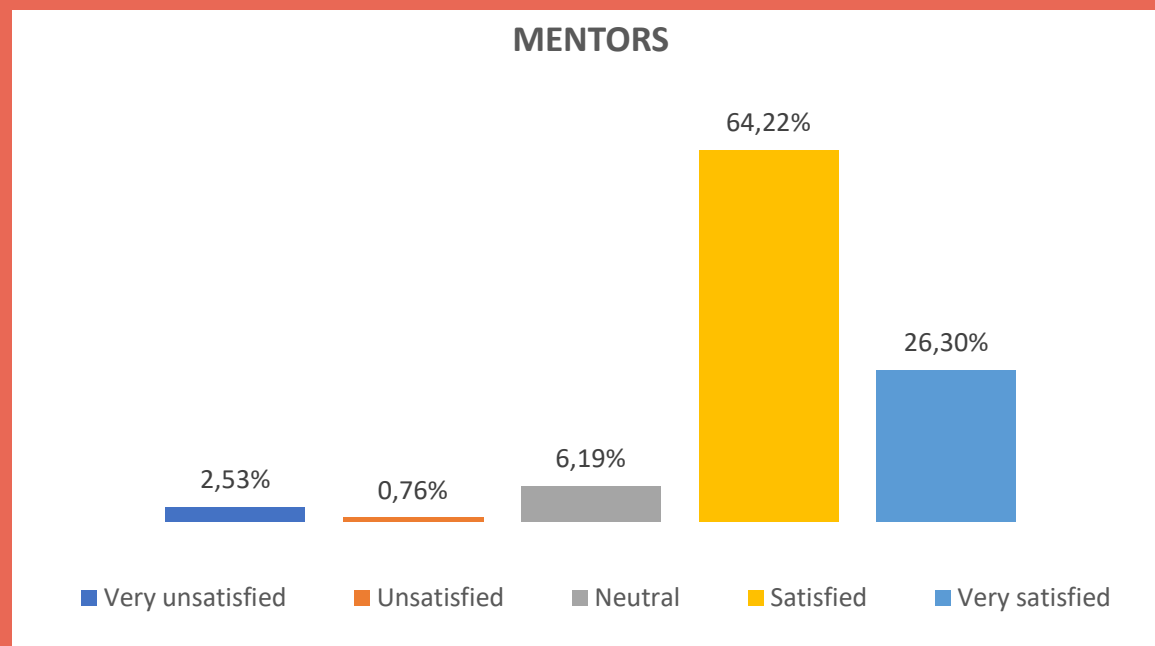
13% of mentors and 33% of mentees attribute some or great importance to the U.Porto Mentoring Program for deciding to stay in the course.



1 = not importante at all; 5 = very important

SATISFACTION WITH U.PORTO MENTORING PROGRAM

90.5% of mentors and 82.6% of mentees say they are satisfied or very satisfied with the Mentoring Program





ANALYSIS OF ANSWERS TO OPEN QUESTIONS

The questionnaires include 6 open questions for mentors and 5 for mentees.

467 responses from Mentors and 332 responses from Mentees were analyzed.

POSITIVE ASPECTS

- Great importance of Mentoring Program in the receiving and integrating students in faculties and courses, in the creation of social relationships and in the facilitation of learning processes;
- Availability of mentors; friendship relationships;
- Contribution to successful academic performance (both mentees and mentors);
- Development of transversal skills (empathy, solidarity, responsibility, patience, self-confidence and trust in others, organizational skills, identification and mobilization of different resources, ...).

Expressions such as “added value”, “useful”, “important”, “positive”, “fantastic”, “dynamic”, “promising”, “interesting” are frequent responses from both mentors and mentees.

ASPECTS TO IMPROVE

- Need to speed up the allocation of peer relations mentors-mentee, right in the first days of classes;
- Carrying out more activities (meetings, social events, workshops, debates) throughout the academic year, strengthening ties between all mentors, mentees and mentors/mentees;
- More face-to-face mentor/mentee meetings, improving the strength of the peer-relationships;
- Need to pay more attention to international and mobility students;
- More transversal activities, between mentors and mentees from all faculties

CHALLENGES

- Mentor/mentee relationships are not always established or functional (lack of initial contact or response from the mentor and/or mentee);
- Non-participation in initiatives organized by the Mentoring Programs;
- Need to share information among all the involved in these programs

FINAL REMARKS

- . U.Porto Mentoring Program has been continuously established itself as the largest Higher Education peer mentoring program in Portugal. Its sustainable progress reflects it is strongly rooted and consolidated in the academic community.
- . The U.Porto Mentoring Program has been continuously inspiring other national and international HEI
- . The U.Porto Mentoring Program is recognized as an innovative, exemplar program with relevance to students' integrative process and academic success, and prevention of academic dropout.
- . The expressive numbers of mentor and mentee participants in the monitoring instruments and the results related with high levels of satisfaction with their course and integration process reflect the importance of maintaining and improving these programs.
- . Pedagogical dimension of the U.Porto Mentoring Program: coordination by teachers; grounded in cooperative learning networks and democratic and solidary relationships; learn and valorisation of social skills

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