



**MONASH**  
University



## Monash Arts. Transition programs with Monash Arts

### Helping students get the most out of their university experience.

Transitioning to university is an exciting time with new challenges and great opportunities. Here at Monash Arts we have two highly successful programs designed to help you adjust as you make the leap into university life. These are the *First in the Family* program and the *Peers, Ambassadors, Leaders (PAL)* program.

### First in the Family

First in the family students are those whose parents or guardians did not go to university. It is specifically designed to help students adjust to the many differences that are part of university life and instill a sense of belonging.

### What does the program offer?

The program works on the premise that “You don’t know what you don’t know”, university is a different world in many ways and a guiding hand from a peer can be invaluable.

You’ll be offered an academic mentor and social mentor. Social mentors are senior Arts students who help you settle in and connect with others. They will introduce you to new people, alert you to opportunities to meet people with similar interests through a range of social events, provide advice on study skills and answer any questions you may have. Academic mentors provide advice on areas such as accessing resources, what your lecturers and tutors’ expectations are, time management and career planning.

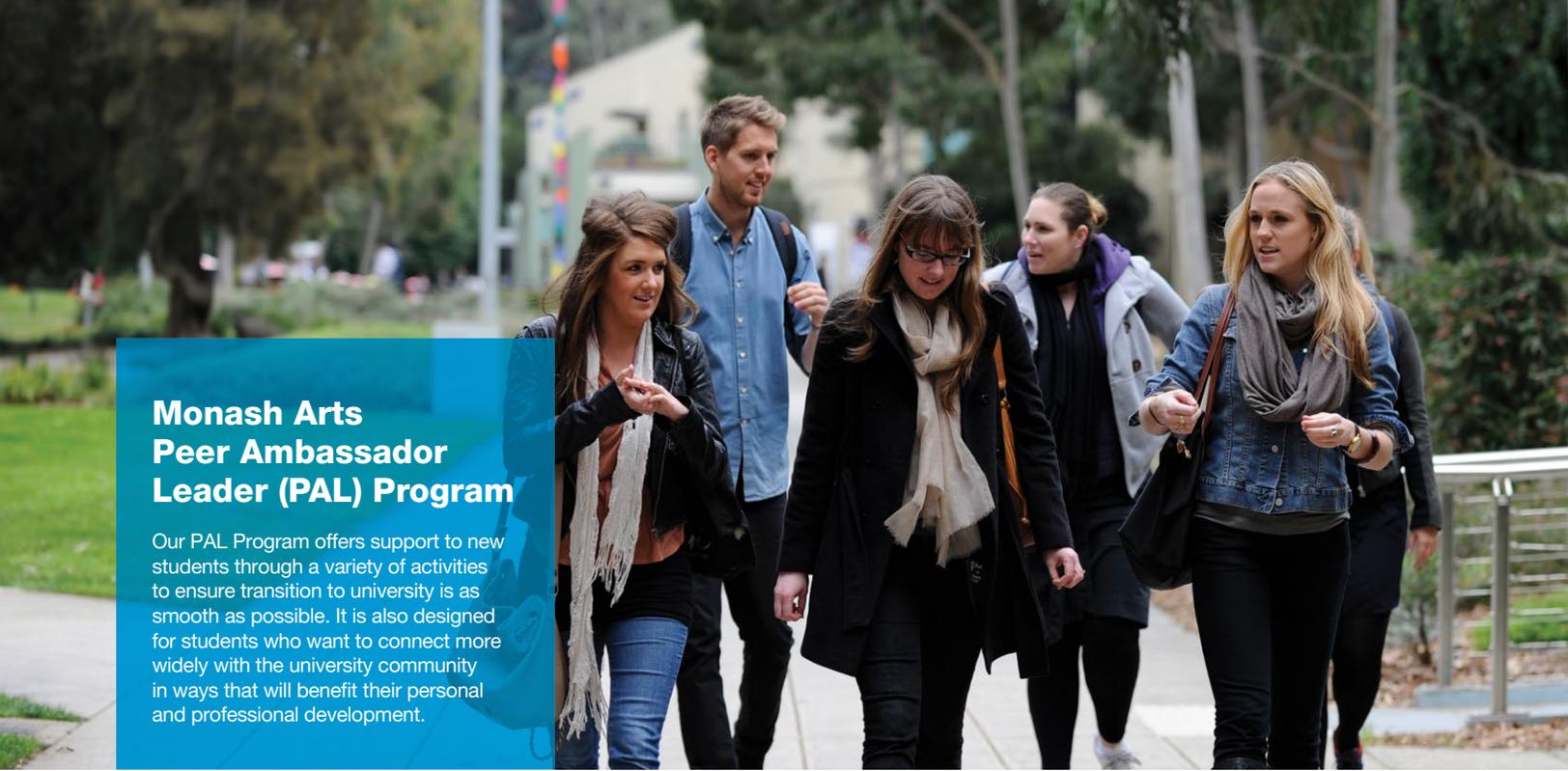
### FROM OUR STUDENTS

#### Pip, Student and co-facilitator of the First in the Family program

“I am so glad that I did the First in the Family Program, I feel it really helped me successfully adjust to uni life, and has helped me get to where I am today... My advice to any incoming students is to get involved in transition programs, they exist to help you, and can make your first year so much easier.”

#### Selina, Student and ambassador for First in the Family program

“It not only provides a channel to really get involved in uni life, but it also helps you meet other students who are in the same position as you. A staff mentor is also allocated to you, who understands what it is like in your position, but also has the experience to truly guide you through your first year.”



## Monash Arts Peer Ambassador Leader (PAL) Program

Our PAL Program offers support to new students through a variety of activities to ensure transition to university is as smooth as possible. It is also designed for students who want to connect more widely with the university community in ways that will benefit their personal and professional development.

### What does the PAL program offer?

Enrolment in the program is flexible, you can participate for however long suits you.

#### Peers – 1<sup>st</sup> year students

By joining the PAL Program, you'll be partnered with a second or third year Arts student (mentor) who can draw on their own experiences to guide you through your first year and provide you with opportunities to connect with other students through events and social media. There are opportunities every week to attend free events such as trivia nights, moonlight movie nights, lawn parties, bbq's, coffee and cake mornings, lunches and workshops for assignment tips and exam preparation.

#### Ambassadors – 2<sup>nd</sup> and 3<sup>rd</sup> year students

Ambassadors mentor new students and receive valuable training in leadership, mental health awareness and communication skills. They also represent the faculty at school visits, open day and orientation weeks.

#### Leaders – 3<sup>rd</sup> year students

Leaders are selected after a competitive application process and are given extra leadership training and help to manage the PAL program.

Involvement in the PAL program has a dual purpose, easing transition to university for new students and providing opportunities for personal and professional training in peer support, teamwork and leadership. You'll learn how these skills can be applied more broadly to everyday situation, why employers value them and how they can be used to make a difference.

### FROM OUR STUDENTS

#### What our current students have to say about the PAL program

##### Student: Ali

"The PAL program is a great support for new students at Monash. I learned effective and efficient ways of handling the university pressure, completing my assignments before the due date, time management, library programs and about university events. I would recommend all of you to join the PAL program. It will not only help you to manage the university stress and accomplish good results but also provide you with an experienced friend"

##### Student: Nathaniel

"Transitioning from high school to university life was daunting for me at first but joining the PAL program made this an exciting and enjoyable experience. In particular, the exam tips workshops have allowed me to adjust to the requirements of university assessment and the social events have helped me form many great friendships."

##### Student: Nilu

"Starting university was a bit overwhelming at first. From endless elective choices to huge assignments, so many things were different and new. Being a Peer in first year helped smooth the transition to university life as there was always someone to help answer some of the questions I had."

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**You can find out more here**  
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