



# R2 - PEER MENTORING METHODOLOGY



**LTT HUNGARY, 21-23.11.2022**

# CONTENTS

<b>1.</b>	<b>Peer Mentoring Methodology</b>	<b>2</b>
<b>1.1.</b>	<b>What is Peer Mentoring?</b>	<b>2</b>
<b>1.2.</b>	<b>Who is a Peer Mentor? Personality – knowledge, skills, competences of Peer Mentor in the 21st century for 50+. What do you essentially have to know?</b>	<b>4</b>
<b>1.3.</b>	<b>Roles of Peer Mentor – 10 Principles</b>	<b>8</b>
<b>1.4.</b>	<b>Benefits of Peer Mentoring for Mentors and Mentee</b>	<b>13</b>
<b>1.5.</b>	<b>Quiz</b>	<b>14</b>
<b>1.6.</b>	<b>Literature</b>	<b>17</b>
<b>1.7.</b>	<b>Annex 1 Quiz Answers</b>	<b>18</b>

# EXERCISES

<b>1.</b>	<b>Peer Mentoring Methodology</b>	<b>2</b>
<b>1.1.</b>	<b>What is Peer Mentoring</b>	<b>2</b>
<b>1.2.</b>	<b>Who is a Peer Mentor? What do you essentially have to know?</b>	<b>4</b>
<b>1.3.</b>	<b>Roles of Peer Mentor</b>	<b>6</b>
<b>1.2.</b>	<b>Benefits of Peer Mentoring for Mentors and Mentees</b>	<b>8</b>

# THE METHOD 4C

**The method supports  
the development  
of key competences**

- **Communication (C)**
- **Cooperation (C)**
- **Critical thinking (C)**
- **Creativity (C)**





# TOOLS

- **Smartphones**
- **Laptops**
- **Paper**
- **Pen**
- **Flipchart**
- **Self-adhesive cards**

