What is Peer Academic and Wellness Mentoring?

Peer Academic and Wellness Mentoring is an all-encompassing student success program that aids in all aspects of student life to foster success in academic, professional, and student wellbeing.

Services Offered:

- Academic assistance
- Logistical resources
- Preparedness practice
- Support with belonging
- Wellness resources

Who can access Peer Academic and Wellness Mentoring?

Any UNMC student seeking additional guidance with coursework and/or extracurricular success encompassing all aspects of becoming a healthy student and mastering content.

We host students of all cultural backgrounds and beliefs to ensure safe and equitable learning opportunities for all, enabling shared perspective, skills and experiences.

How do I get in touch with a Peer Mentor?

Sessions are scheduled based on a mutual agreement between students and Peer Mentors. Click here or use the QR code to schedule an appointment. Contact us at academicsuccess@unmc.edu.

Sessions are currently offered in-person and online.

In-person:

- McGoogan Health Sciences Library

Online:

- Via Zoom

Why should I consider Peer Academic and Wellness Mentoring?

With Peer Academic and Wellness Mentoring, you’ll experience an open forum for questions related to being an efficient and effective student with topics including but not limited to:

- Planning/prioritizing time
- Study tactics and resources
- Tools on wellness and stress management
- Advice on navigating student life

Contact Us

Monday - Friday, 8 a.m. to 4:30 p.m.

Office of Academic Success
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