# CONNECT WITH A PEER MENTOR



### LESS STRESS, BETTER

#### **GRADES**

Peer mentors can help you develop a plan and take action to reduce stress, increase productivity and hopefully improve your grades.



#### **SUPPORTS EVERYONE**

A peer mentor wants you to be successful. They can connect you to resources and support to help you achieve your goals.



## APPROACHABLE AND RELATABLE

Our peer mentors are students too! They understand what being a JC student is and want you to have a great college experience.



## BUILDING AN STRONG FOUNDATION

Working with a mentor helps you build skills to be a successful student and professional!



Scan the QR code to complete the request form. Learning Services will match you with a mentor!

Questions?

email: learningservices@juniata.edu



**Learning Services Glaeser Counseling Center**