**Introduction**

Flexible education students require self-motivation, self-discipline and perseverance. With sensible time-management and good study skills, study by flexible education can be successful and fulfilling.

We encourage students to keep in contact with ALC by email or phone throughout their studies.

**Mentors**

ALC students enrolling to study by flexible education (off campus study mode) may choose to work with a personal mentor, with whom they meet for dialogue, guidance in reading and/or assistance in the various tasks associated with research and essay writing. A mentor offers dialogue, support and prayer to the student.

ALC suggests the lecturer or head of school should be consulted for guidance.

**Role of a mentor**

ALC defines the role of the mentor as someone who:

- spends time with the student encouraging them to reflect on their reading and to integrate new concepts or ideas into their practice
- meets regularly with a student eg fortnightly or monthly

A mentor can be described as a wise, experienced and trusted adviser. A useful mnemonic (adapted from Clutterbuck, 1985, p 20) to describe the role of a mentor is someone who:

- Manages the relationship
- Encourages you
- Nurtures you
- Teaches you
- Offers mutual respect
- Responds to your needs

**Questions**

Please contact the head of school if you have any questions about mentors.

**Further reading**

