

# SSC STARS PEER MENTORING PROGRAM

## WHY MAKEDA JOINED STARS PEER MENTORING



Mentor Makeda and Mentee Brittany

"The one that comes to my heart is an African proverb 'if you want to go fast, go alone. If you want to go far, go together.'

It is easy in this program to get stressed out and caught up in 'just getting through,' but the STARS program has been a real anchor in my life. It reminds me that I am accountable to others, not just to learn and pass boards to be a doctor, but to be the best version of myself. It's a different kind of feeling when you are going through the trenches. The STARS program is the first step in building a legacy and ensuring what we go through here at Life University and in life is not in vain. I have essentially made a whole new family out of the people I have met in this program. I have seen people from many cultures and countries come together with the sole purpose of becoming their best selves so that they can be of service to another out of a genuine sense of abundance."

### Apply Now!

For more information scan here or email [PeerMentoring@Life.Edu](mailto:PeerMentoring@Life.Edu)



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# REQUIREMENTS

## For Mentors:

- A Junior Undergraduate Life U Student
- A 4th Quarter or higher Master's or DC Life U Student
- Good student conduct standing
- Ability to meet face-to-face with your mentee at least twice a quarter



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## For Mentees:

- Be a current First-Year or Sophomore Undergraduate Life U Student
  - Be a 1st, 2nd, 3rd, or 4th, Quarter Master's or DC Student

## Want to apply?

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**Mentor Nickayla**

## WHY NICKAYLA JOINED STARS PEER MENTORING

**"I love being a peer mentor! I started as a mentee because I moved out here all alone with no family or friends and I am an introvert, so it's usually not easy for me to make friends. This program not only helped me come out of my shell but introduced me to some amazing people. It's not just about support in school but in life as well.**

**When I became a mentor, I knew it was time to return the favor to someone else and share the knowledge I learned about how to survive in this program. From study tips to making time for yourself, which is also important. As mentors we make the transition just a little easier for our mentees. We need more chiropractors and I love being in the process of helping make future doctors anyway I can."**

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