Mentorship through Physical Activity for Resilient Students

Kylie Wasser, Western University
Francesca Gable, Western University
Laura Misener (Advisor), Western University

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An interdisciplinary peer mentorship model for undergraduate Kinesiology students was developed utilizing physical activity and active reflection. The mentor-protégé relationship evolved to generate social capital through reciprocal trust. Major themes were linked to form a conceptual model outlining the process of mentor-protégé interaction. Development, process, outcomes, and implications are discussed.