A Program to Support Students with Disabilities at UMass Lowell

For further information please contact:

Jody Goldstein  
Director of Student Disability Services  
1 University Ave  
Cumnock Hall C4  
Lowell, MA 01853  
Tel: 978-934-4574  
Fax: 978-934-2032  
Email: Disability@uml.edu  
www.uml.edu/student-services/disability/

OR

Ashleigh Hillier, Ph.D.  
Psychology Department  
Mahoney Hall 1  
870 Broadway Street  
Lowell, MA 01854  
Tel: 978-934-2930  
Fax: 978-934-3074  
Email: Ashleigh_hillier@uml.edu  
http://faculty2.uml.edu/ahillier
The Office of Student Disability Services and the Department of Psychology are working together to provide this mentoring program. The main goal of the program is to facilitate the transition to UMass Lowell for Freshmen who are registered with Student Disability Services. We also aim to improve retention among our students with a disability. Students will meet on a weekly basis with a trained UMass Lowell student who will serve as their mentor for their first semester.

What is the Goal of the Horizon Program?

The mentors and mentees will decide together what topics would be helpful to discuss during their meetings. Topics will depend on the needs and interests of the mentees and might include:

- Time management
- Stress management
- Where to go for help
- Study skills
- Organizational skills
- Designing class schedules
- Dorm life
- Classroom etiquette
- Getting involved on campus

What are the logistics?

- Meetings take place once a week for an hour at a time and day that suit the mentor and mentee (ideally the same day and time each week).
- Meetings begin during the first week of the semester and finish at the end of the semester.
- Meetings are for one semester only.
- There is no fee to be in the program.
- Specific details of what is discussed during the meetings will be confidential.

How can I BECOME a mentor?

Mentors should contact Professor Ashleigh Hillier (Ashleigh_Hillier@uml.edu) for an application form. This will be followed by an in-person interview. If accepted as a mentor, you will need to be available before the beginning of the upcoming semester for a training session (e.g. in late August / January).

Being a mentor involves a lot of responsibility and autonomy. You must commit to mentor a new student for the entire semester, you must attend all meetings and arrive on time, and you must keep weekly communication with the program staff. Being a mentor can be a very rewarding experience and may be of particular interest to those planning to go in to the fields of Disability, Psychology or Education upon graduation.

How can I GET a mentor?

Visit Student Disability Services and request to be in the program. Space is limited so sign up early to avoid disappointment.

There are certain expectations of mentees including a commitment to attend the program meetings for the entire semester, to arrive on time to meetings with your mentor, and to advocate for yourself to ensure your meetings are useful to you.