



## MENTORS' PROJECT 2022

Spring has been a very productive and even busy time for the mentor project's organising team. Motivational interviews were organised with these students at the end of March, after the search and registration of students interested in becoming freshmen mentors had ended. The project coordinator and other members of the organising team had the opportunity to talk to over 100 registrants. During the motivational interviews, these people had to tell why they decided to become mentors, what experiences they had with their mentors, and to prove that they are responsible and committed to their duties. After lengthy discussions, the accepted mentors were invited to participate in two training sessions, one in-house and one on the road.



On 9 April, the participants in the internal training heard presentations designed to introduce the future mentors and, for some of them, to remind them of the academic, social and IT spheres of the University and to tell them about the duties and activities that await them in September. After the training, the mentors had one more task: to complete a situational test to confirm that the student is ready to answer the questions posed by the first-year students.

A little more than a month later, the future mentors headed to the training in Šaltupys homestead, Kaunas district, where a carefully prepared programme awaited them. On arrival, the participants played games and carried out team-building and familiarisation tasks. The organising team invited 3 lecturers to the training: Deimantė Jankūnaitė (a long-time mentor of the Leaders' Incubator, currently working actively in education - she is a deputy director for education, teacher of economics and entrepreneurship in a gymnasium), who taught the future mentors the features of team building;



Evelina Aluzaitė (former President of LSMU SA, member of the LSMU SA Council, member of the Senate, member of many committees at the University, 1st year student of the Master's degree programme in Extended Nursing Practice), who said that a mentor is first and foremost a leader, and gave a lot of real-life situations, Martyna Vengrytė (former LSMU SA Vice President, LSMU SA Council member, Senate member, member of many committees at the University, Pharmacy 5th year student) talked about conflict resolution and how important it is in mentoring. The training was rounded off by drawing a portrait of the perfect mentor and watching the Eurovision Song Contest. The mentor project's organising team bid farewell to the mentors until

the next academic year and rushed to create the freshman guide and enjoy the summer after such an intense spring.



## ACTIVITIES OF THE SOCIAL COMMITTEE

On these delightful spring days the social committee not only enjoyed the refreshing weather, but at the same time worked diligently!

In March we celebrated World Down Syndrome Day: shared photos with colorful socks. What is more, we organized a lecture with lecturer, psychologist A. Paškevičiūtė during the first month of spring. In the event we discussed internal criticism that often concerns each of us. In addition, we emphasized one of the most relevant topics nowadays - time management.

In the middle of spring, we organised a game "Think, Discover and Pick up" with LSMU students, which aim was to introduce students to the leisure areas in our university. Every student who found an envelope in a particular area was awarded an SA gift!

The Social Committee in collaboration with the Dormitory Coordinator, conducted a survey of their quality and analysis of better living conditions for our university students!

## ACTIVITIES OF LSMU SA PRESIDENT

20 April LSMU SA President Ieva Petrutytė participated in a meeting organised by the Lithuanian Students' Union with the Minister of Education, Science and Sport Jurgita Šiugždinienė and Vice-Minister Gintautas Jakštas.

The following topics were discussed during the meeting:

- **Students coming from Ukraine**



It is very good that the Ministry and higher education institutions are concerned about helping students coming to study from war-torn Ukraine. During the meeting, we sought to ensure that support for Ukrainian students is also provided during the summer.

- **Restructuring of the Higher Education Mission**

We called for more information on the planned restructuring - how universities and colleges will be affected, the funding strategy for the restructuring, and the experience of other countries in the field of HE missions.

- **Residents**

Proposals for compulsory residency have kept coming back to the Seimas. We strongly oppose such an idea, and the Minister does not support it either.

- **Renovation of dormitories**

We have discussed the funding for the renovation project of the NMSM dormitories, which seems to be too low, and we will try to find additional sources of funding.



8 April and 13 May LSMU SA President Ieva Petrutytė participated in the Mental Health Promotion Council of the Ministry of Health.

The meeting on 8 April was devoted to the topic of mental health promotion for young people. Researchers, representatives of higher education institutions, student representatives and youth organisations spoke at the meeting. The challenges faced by young people were presented and discussed. During the meeting we expressed that:

1. Students experience a lot of stress throughout their studies due to the complexity of their studies, tight schedules, competition between students in some study programmes;
2. Studies involve the health and life of humans and animals, which is a great responsibility that falls on the student's shoulders;
3. Relationships with lecturers and fellow students are sometimes complicated;
4. The university offers free psychological counselling, time management, stress management workshops and group psychological resilience therapy.
5. Sometimes there is still a stigma attached to seeking help from professionals.

On 13 May, the meeting was again dedicated to the topic of strengthening the mental health of young people, and a working session was organised to look for concrete solutions to the challenges facing young people. All participants were divided into three working rooms (1 - School; 2 - University; 3 - Youth spaces). In these rooms we looked for concrete solutions to address the challenges and make the school/university/youth space more attractive and welcoming for young people.

On April 27th, LSMU organised a discussion during the Education Spring Day entitled "Realistic Integration of Innovation in the University? Challenges and Solutions", which was attended by LSMU SA President Ieva Petrutytė, representatives of students, residents, PhD students, lecturers, the Study Centre, the Centre for Postgraduate Studies, and the Study Programme Committee. The discussion was moderated by LSMU SA alumni Rokas Jurkonis. We discussed what is inclusive teaching, what changes we see in our studies every day, how should the adaptation/accelerated integration of innovations take place, what is the university administration's approach to change, how should communication take place, and future perspectives.

We are very happy with such initiatives, it is great to be able to hear each other!



## ACTIVITIES OF THE LEISURE AND MARKETING COMITTEES

Spring was as busy as ever for the Leisure and Marketing Committees. In March, together with the Social Committee, a game called "Think, Discover, Take" was organised, which not only offered prizes, but also a chance to get to know the leisure spaces better.

And on 28 April, the long-awaited and festive event "LSMU Honour 2022" took place. To celebrate the centenary of the University of Lithuania, we honoured members of the University community. Students, lecturers and administrative staff are the main strength of the University and deserve to be recognised. The event was topped off with a concert by „Saulės kliošas“.

The Marketing and Projects Committee took care of the stage decorations, which were prepared by our sponsors Mr Balloon UAB, and Hortenzija Judita&Aušra helped to make each nomination look even more impressive.

May was also a month of activities, with the LSMU Culture Week, where the traditional event is a mind-boggling competition. On the 4th of May we gathered at Jack's Pub for the "100th Anniversary Mind". There were challenging cultural and historical questions and teams could compete for prizes provided by the University.

## ACTIVITIES OF HUMANS RESOURCE COODRDINATORS

The LSMU SA Human Resources coordinators, who are responsible for the internal affairs of the SA, have organised meetings with other university organisations. During this semester, SA members met with SFD, SOA, VASA, VSSD, Fraternitas Lituanica, the LSMU Doctors' and Students' Corporation, and LSMU SMD. The aim of these meetings is for the members of the organisations to get to know each other, to talk about each other, and to discover activities in which they can perhaps work together.

## ACTIVITIES OF THE ACADEMIC AFFAIRS COMMITTEE

In March, together with the Social Committee, the Academic Committee organised a lecture with Agne Paškevičiūtė on time management and inner criticism. We also contributed to the internal training of curators. In April, the Academic Committee published a survey to find out the problems students face. We received a lot of responses and we would like to share the most pressing problems with you:

- One of the most pressing problems is that students are not able to look at their mistakes after the evaluation, so we are rushing to the rescue -> according to the LSMU study regulations (241 and 242) - within 1 working day after the publication of the evaluation results, the student has the right to access the detailed evaluation of his/her work and to receive explanations about the shortcomings and mistakes. Therefore, do not be afraid to show the lecturers these points of the regulation, which they must follow. We have contacted the Study Centre and agreed that a "reminder" of the regulations will be sent to lecturers in the near future. And if you still have problems, always contact the LSMU SA Academic Committee or LSMU SA President Ieva Petrutytė.
- Many complaints about electives. Their timetables, lecturers and their work. If you cannot reach an agreement with the lecturers, you can always contact the department/clinic of the subject or the Study Centre. We have also referred this issue to the student representatives of the curriculum committees, who will make suggestions for changes to the list of electives for individual study programmes.
- As far as timetables are concerned, most of the complaints have been about the volatility of the timetables, last minute changes without the student's knowledge. We are working with the Study Centre on this issue, to ensure that there are no changes to timetables the day before the session and that students are notified of timetable changes anyway.
- Students also have difficulties with the marking procedure. Students have expressed problems with the language of the lecturers in the specialty, with the questionnaires in the pathological anatomy clinic, where the assessment is not clear, and with the fact that the papers are not available for inspection. The student representatives of the curriculum committees will further address this problem.
- Students were also annoyed those drafts cannot be used for reporting, but since the use of drafts is not regulated, there is no solution to this problem.
- Students also complained about the behaviour of lecturers, but action should be taken as soon as unfair behaviour or behaviour in breach of the Code of Conduct is observed. First talk to the lecturer, if that does not help - to the head of the department/clinic. If a student has been sexually harassed, stalked or assaulted, they

can fill in a reporting form (<https://ismuni.lt/lt/veikla/studentu-gerove-ir-savijauta/pagalba-del-seksualinio-priekabiavimo-persekiojimo-smurto/>). Or in any case, contact the Student Representation Office, we do not leave any student who has come forward without help.

We look forward to your initiative in addressing these and other issues not mentioned here and promise to answer any questions you may have.

And in May, we had a Regulation Workshop within the Representation, where we explored various situations related to the Regulation and deepened our knowledge. In the meantime, we are preparing reminders about academic dishonesty and appeals as we approach the session and exams.

## ACTIVITIES OF THE DELEGATES COORDINATOR

It has also been a busy spring for the delegates coordinator. There were many delegations to various commissions and university bodies. In April, a survey was carried out in which students could express their views on the points of the regulations and their modification, and the answers were then discussed with the representatives. The coordinator of the Representatives, Jurgita, also participated in an event organised by the Kupiškis Youth Centre for students. In addition, training of representatives for foreign students took place, which we are happy about. Finally, a survey was carried out among the curriculum committees and the faculty council to see how much and what the delegates have done since the beginning of November.