

Kiron emPower

PSYCHOSOCIAL SUPPORT & MENTORING FOR KIRON UNIVERSITY STUDENTS

SERVICES AT A GLANCE

Kiron emPower is a Kiron University service designed to help refugees who have been forced to flee their homes meet the challenges of undertaking an online degree program in a new country. This service consists of a resources platform, a peer mentoring program, and a transitional care service that offers referrals to psychosocial counseling centres.

EMPOWERMENT³

We offer personalized support for students who are dealing with the challenges of (1) undertaking an online degree program (2) in a new country (3) after having to flee their homes.

1. MOTIVATION IN ONLINE STUDIES

Online degree programs require a great deal of discipline and self-motivation. Kiron emPower offers a peer mentoring program in order to support students' motivation and abilities. Where possible, Kiron University students can be matched with a local peer in the same academic program. Peer mentors are free to design their exchanges according to the particular needs of their partners, whether these be for informal social support, tutoring, or mentoring. Peer mentors will receive intercultural mentoring training and be supported through a Kiron emPower supervision program. Through a train the trainer model, peer mentors will build capacity to further develop peer mentor networks in their region.

2. STUDYING IN A NEW COUNTRY

In addition to the demands of an online degree program, Kiron University students are also dealing with the challenges of integration in a new country. These challenges may include finding housing and navigating asylum processes, building new social networks, and seeking community engagement opportunities. In order to support students in their efforts to meet these challenges, we offer, alongside our peer mentoring program, an open source resources platform where students can find information about public support services, refugee organizations and initiatives, and local community engagement opportunities.

KIRON UNIVERSITY

... is a Social Start-Up whose mission is to remove the barriers for displaced people to access higher education. The students will complete the first two years online and the third year at one of our partner universities.

The degrees that we offer are accredited thanks to cooperation with partner universities.

If interested in collaborating, we would love to hear from you! Please send an email to:

julia.mehr@kiron.university

3. REFUGEE EXPERIENCES

A meta-analysis of 181 surveys with over 80,000 refugees from 40 countries reported a prevalence rate of 30.6% for Post Traumatic Stress Disorder (PTSD) and 30.8% for depression (Steel et al., 2009). Refugees, however, are not able to access public psychological services and face long waiting times to receive treatment in psychosocial counselling centres for refugees and survivors of torture. When necessary, Kiron emPower can help mediate between students and counselling centres. In the meantime, Kiron emPower can offer transitional care through its network of psychologists.