

Being a Student Trainer is not just about delivering peer-led sessions – it can also have a big impact on yourself. Here, Arielle discusses her experiences as a Student Trainer.

1. What made you decide to get involved with the Student Trainer programme?

In my first year of university I was quite unconfident, I was terrible at presenting and my English wasn't great, so being a Student Trainer was an opportunity to improve my presentation and communication skills. I've always enjoyed sharing my experiences with other students. I think it was this way of interacting with other students to gain experiences and knowledge, and having this safe environment to practice the new skills that we've been learning, that made me want to become a Student Trainer.