

The MOC Division's peer mentoring program for PhD students is called **MOC-UP**, in recognition of: a) students helping each other grow and build towards their goals, and b) the fact that all students are works-in-progress who are constantly evolving.

MOC-UP is intended to be a way for junior scholars to meet, talk, and jointly navigate the (sometimes rough) seas of the PhD process. It's peer mentoring, and the goal is to create positive, empowering, and welcoming spaces to ask questions, share what's working, and collaborate on problem-solving. It's also not intended to be a huge demand on students' valuable time: aside from the occasional "formal" event or meet-up, we leave it up to mentors and mentees to decide how they want things to function.

Upon sign up, mentees and mentors can also indicate whether they'd prefer to do traditional one-to-one mentoring or be part of a mentoring "group" comprised of 2-3 mentees and a mentor.

For the purpose of MOC-UP, we expect that mentees will be in the earlier stages of their PhD programs, and mentors will be in the later stages (e.g., PhD candidates).

If you're interested in being part of MOC-UP, either as a mentee or mentor, please email [ben.walker@vuw.ac.nz](mailto:ben.walker@vuw.ac.nz)