

## Mentorship vs Peer Support (vsdiff.com)

| Criteria                 | Mentorship   | Peer Support  |
|--------------------------|--|---|
| Definition               | A relationship where a more experienced individual provides guidance | A supportive relationship among individuals at similar levels |
| Goals                    | Professional development and skill enhancement                       | Emotional support, sharing experiences, and collaboration     |
| Relationship Structure   | Hierarchical (mentor-mentee)   | Horizontal (peer-to-peer)                                     |
| Frequency of Interaction | Regularly scheduled meetings   | As needed or informal check-ins                               |
| Accountability           | Mentor holds the mentee accountable for progress                     | Mutual encouragement and accountability among peers           |
| Example Fields           | Business, education, healthcare                                      | Academics, workplaces, community groups                       |

Source: <https://vsdiff.com/mentorship-vs-peer-support/>