

BE A MENTOR

Inspire



How to Connect

Make Personal Contact

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Engage students in an ongoing conversation and relationship. Say "hello" in the hall and take a moment to ask, "How's it going?" Be available and let students know that they're welcome. Make contact at least once each trimester. If a student becomes distant or is in danger of falling through the cracks, a simple phone call can help to engage them.

Technology

Chi Sigma Iota offers an online community on facebook that will allow you and your mentor connect with their cohort and alum. Some students feel more comfortable using email and social networking sites than others so keep that in mind when communicating with your mentee.

Be Social

Whether it's a get together after finals or a cup of coffee before class invite your mentee to join you. These may be the times where you can really get to know each other.

THINGS TO THINK ABOUT

Going back to school is a big step and at times can be overwhelming. Try to remember your first week. Were you afraid to ask questions? What didn't you know? Think back to your orientation and try your best to be there for your mentee.



Take the Mystery Out of Grad School: Be familiar with your departmental and university guidelines and remember that new students often are unaware of policies, procedures, and even what questions to ask. Clarify the requirements for coursework, practicum, comprehensive exams, and research.



Provide Encouragement and Support Students often are anxious, insecure,

and wonder whether they really belong in a graduate program. Explain that most grad students feel like impostors at one time or another. Share your experience and provide support. Help students by teaching them to break large tasks into smaller ones to avoid feeling overwhelmed. Encourage students to talk to you and be approachable.



Support Professional Development Provide opportunities for students to demonstrate and enhance their competence. Invite students to important meetings and professional conferences so that they can gain insight into the academic environment and gain visibility. Encourage students to make presentations at conferences and to apply for fellowships.