

Millersville Mentoring Alliance Program

Greetings from the Desk of the MMAP Coordinator



As always, many new and exciting things are going on here at the MMAP...

Our 2005 Fall Kick-Off event was the MU Ropes Course. It was a great learning experience for communication skills, team building, and getting to know each other. Most of all, it was a lot of fun!

For the first time together as a program, the MMAP also participated in a community service event. We joined "Into the Streets," a campus-wide event aimed at connecting MU students to the surrounding community. Our group went to Hamilton Arms, a local nursing home. We got to know residents while facilitating an ice cream social and a Bingo game. Mentees and mentors alike agreed that this was a rewarding experience to give back to the community and interact with others. Based on the success and positive feedback of this event, The MMAP plans to participate in another community service event next semester. Stay tuned for details!

The MMAP has also undergone numerous recruitment efforts. We participated in Diversity Resource Day, an event sponsored by the Lancaster Chamber of Commerce to help organizations bring diversity into the workplace. We spoke with organization representatives about how mentoring promotes diver-

sity and recruited local community professionals to become mentors. In an effort to recruit students as mentors and mentees, we also gave more than 30 presentations in various classrooms on campus.

The MMAP is always interested in how we can better serve the students of Millersville. Next semester, we are planning to hold a student forum in which the MMAP Advisory Council and students will discuss how to improve the program. We would like both students who are involved in the MMAP and those who are not to attend. This event will be held in room 161 of the Student Memorial Center at 6:00pm on Wednesday, February 15th and free pizza and drinks will be provided. Please let us know if you are interested in attending and spread the word to the MU student body!

We have also updated the MMAP website! Be sure to check out all the new features at:

www.millersville.edu/~mmap

There is now a photo gallery, Advisory Council page, and much more!

Read on in this issue for many more tips and resources to enhance your mentoring relationships, as well as to see pictures from past events and a schedule for upcoming events this spring!

Karen Bain

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Quote for Thought...

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe." -Anatole France

National Mentoring Month: January 2005

To celebrate January as national mentoring month, the MMAP invites you to get involved:

1) Recognize your mentor! Say thank you to your mentor by submitting something to post on the MMAP website. It can be a picture, poem, or statement of how your mentor has helped you. Be creative! Placing it on the website allows others to see the positive impact of your mentor as well. Even if you decide not to submit something to the MMAP, make the effort to say thank you through a card, letter, or other means. January 28th is national thank your mentor day.

2) Tell others about the MMAP! In an effort to increase awareness of and involvement in mentoring in our area, the MMAP is holding a contest. The MMAP participant who refers the largest number of people to the program (to be mentees or mentors) will receive a \$25.00 gift certificate to the University Store! Simply tell your friends, family, neighbors, etc. to contact the MMAP about getting involved and mention your name when they do. The contest begins now and only lasts until January 31st, so start recruiting now!

Examples in Mentoring

Mentoring is making a difference in the lives of people everywhere. Most of the successful individuals we know today were at one time encouraged by a mentor...

"One of the defining moments of my life came in the fourth grade, the year I was Mrs. Duncan's student. What Mrs. Duncan did for me was to help me to not be afraid of being smart. She encouraged me to read, and she often stayed after school to work with me, helping me choose books and letting me grade her papers. For many years after that, I had one goal that I would one day become a fourth-grade teacher who would win the teacher award—because I was going to be the best teacher anyone had ever seen!... A mentor is someone who allows you to see the hope inside yourself. A mentor is someone who allows you to know that no matter how dark the night, in the morning joy will come. A mentor is someone who allows you to see the higher part of yourself when sometimes it becomes hidden to your own view. I think mentors are important and I don't think anybody makes it in the world without some form of mentorship. Nobody makes it alone. Nobody has made it alone. And we are all mentors to people even when we don't know it." —**Oprah Winfrey**

"Wiley Pittman, he was a cat. I mean, if it hadn't been for him, I don't think I'd be a musician today. Every afternoon... he'd start to practice. I was three years old... I loved that boogy woogy sound — I would stop playing as a child...and go inside and sit by him and listen to him play. From time

to time, I'd start hittin' the keys with my whole fists and finally he would say to me, "Look kid, you don't hit the keys with your whole fist like this (demonstrates), if you like music so much," and he knew how much I liked music because I'd stop everything I was doing and listen to him. So he started to teach me how to pay little melodies with one finger. And, of course, I realize today that he could have said, "kid, get away from me, can't you see I'm practicing?" But he didn't. He took the time. Somehow he knew in his heart, this kid loves music so much, I'm going to do whatever I can to help him learn how to play." —**Ray Charles**

"...The first month of the season didn't go smoothly for me. I had three great hits the opening day, which was great. We celebrated that. But then I went into a miserable slump. And Eddie Murray just put his arm around me. And I guess that could be the ultimate mentoring story. Here's this guy who's five years older than me, and had gone through something similar...The value of a mentor... I don't know what value you can place on it, but the right words spoken at the right time from a person that's been through it before can make all the difference... And it is a very personal feeling that when you help somebody, gratification that comes over you can't be equaled, not even if you hit a game-winning home run." —**Cal Ripken, Jr.**

For more quotes on mentoring from famous people, visit: www.whomentoreyou.org



SHARE WHAT YOU KNOW. BECOME A MENTOR.

For Mentees

Don't Get Stressed

With finals approaching, it is easy for students to get stressed about school work. Below are some helpful tips to help reduce anxiety during this hectic time.

1. **Smile**—Research shows that moving the muscles in your face to smile actually activates parts of the brain that can make you feel calm.
2. **Stretch**—It can give relief to tense muscles; Try sitting back on your heels and laying forward with your head on the ground.
3. **Hot Bath**—If you don't have the time or the tub, try washing your hands and face with warm water while imagining being in a relaxing bath.
4. **Friend**—Through a phone call or in person, they can help you see another prospective and share your burden.
5. **Music**—Focus on classical or other relaxing types
6. **Snack**—Eating foods high in carbohydrates increases calming chemicals in your brain.
7. **Mini-Massage**—Massage the palm of one hand in a circular motion with the thumb of your other hand.

For more details, visit:

<http://www.rd.com/content/openContent.do?contentId=14565>

Source: Castleman, M. (2005). *37 Stress Management Tips*. Readers Digest.



PFMI Mentors and Mentees playing "Human Bingo" at a group mentoring meeting

For Mentors

Help Mentee Develop Abilities

One of a mentor's primary responsibilities is to help the mentee gain capabilities. These come in the form of skills, knowledge, and attitudes. If the mentee is unsure of which capabilities to develop or enhance, work with him or her to brainstorm ideas for each category and write them down.

From that list, your mentee can choose one concept to become a specific goal. The idea is to break down the larger ability into smaller, feasible tasks that can be practiced and mastered.

You can also suggest development activities that further help the mentee to develop that capability.

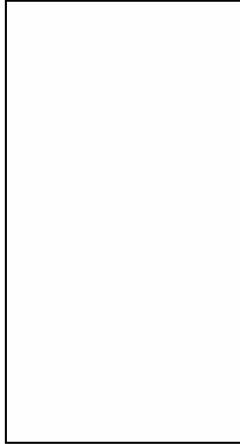
Below is a brief example of the steps described:

1. **Make a list of skills, knowledge, and attitudes that the mentee wishes to develop.**
Skills: thinking on my feet, writing reports
Knowledge: lessons mentor has learned
Attitudes: more assertive, more patient
2. **Choose specific goals for one list item.**
"Thinking on my feet"
 - a. Become an expert in a given subject before presenting on it in class
 - b. Identify 25 questions people may ask
 - c. Come up with possible replies and practice them with mentor
3. **Make a list of Development Activities**
 - a. Observe and interview someone who is good at "thinking on their feet"
 - b. Make a draft of the questions and answers from above and practice them
 - c. Practice the presentation in front of several people (including mentor)
 - d. Get feedback from a class member after giving the presentation
 - e. Find other opportunities in which thinking on your feet is required and use them for additional practice

Source: Phillips-Jones, L. (2005). *Helping Your Mentees Develop Capabilities*. The Mentoring Group



MMAP Participants enjoy the Fall Kick-Off Event: The MU Ropes Course



New Mentoring Resource!

The MMAP office has recently purchased mentor and mentee guidebooks! If you think your relationship could benefit from a copy of this workbook, we would be happy to supply you one free of charge!

The workbooks available are:

The Mentee's Guide: How to have a successful relationship with your mentor (revised 2003 edition)

The Mentor's Guide: How to be the kind of mentor you once had—or wish you'd had (Revised 2003 edition)

Both books were written by Linda Phillips-Jones, Ph.D. and provide excellent resources for enhancing the mentor-mentee relationship. The content is similar, so mentors and mentees can work through their own version of the book together.

Upcoming MMAP Events

Date	Event	Time	Location
Thursday, January 26th	PFMI Group Mentoring	11:15am—12:30pm	Lyle Hall Parlor
Thursday, January 26th	Kick-Off Event: Pizza and Games at the Club de'Ville	4:00pm—6:00pm	Student Memorial Center (lower level)
Wednesday, February 8th	Mentor Network Meeting	5:00pm—6:00pm	Lyle Hall Parlor
Thursday, February 15th	Advisory Council Student Forum	6:00pm	Student Memorial Center, Room 161

To be announced: Spring 2006 Community Service Event and Mentor Appreciation Banquet!

CONTACT INFORMATION

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*Brought to you by the
 Office of Academic
 Services, Division of
 Academic Support
 Programs and
 Learning Services*



MMAP Mission Statement

The Millersville Mentoring Alliance Program (MMAP) was established in Fall 2002. The mission of MMAP is to provide academic, social, and personal support to all students, with a special focus on students of color, incoming freshman, first-time transfer students, and non-traditional students at Millersville University. The MMAP brings together MU faculty, staff, peers, alumni, and community members from a variety of backgrounds to provide student mentees with intellectual stimulation, academic support, career guidance, and the college-life skills they need to successfully navigate the maze of challenges, expectations, and confusions that are often associated with college life experience. Through sustained, supportive, and nurturing mentor-mentee relationships, the program strives to enhance the learning and holistic development of Millersville University students.