

MENTORING AT MU

Volume 1, Issue 1
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MILLERSVILLE MENTORING ALLIANCE PROGRAM

Greetings from the desk of the coordinator! Everyone in the MMAP office has been working hard to expand and improve the program. We have several new components of the program, including alumni and community mentoring.

The Millersville Mentoring Alliance Program (MMAP) was established in Fall 2002 to enhance the retention of all Millersville University students by providing support, academic assistance, sponsorship and role modeling. The program consists of faculty/staff, peer, alumni and community mentoring partnerships with student mentees. For a complete description of the program, and to learn how you can become involved, please contact the MMAP office at mmap@millersville.edu.

As always, the success of the program depends on the commitment of its participants. Thanks to all who attended the kickoff social, it was a great time for

mentors and mentees to connect.

During this semester, we hope to continue to improve the program with the help of our

recently appointed advisory committee, which meets twice per semester and gives us guidance in developing the program. We will also be participating in events with other programs in hopes of expanding the campus-wide appeal of MMAP.

The MMAP office is always here to assist you in building your mentoring relationship. Please contact us if you have any questions or concerns, or if you know anyone who would like to become involved in the program.

Sarah Martin, MMAP Coordinator



Mentors and mentees enjoying the kickoff social.

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Upcoming Events

- MENTOR UPDATE MEETING—MARCH 16TH, 6-7PM, SMC ROOM 44
- MENTEE UPDATE MEETING—MARCH 16TH, 7:30-8:30PM, SMC ROOM 44
- THANK YOU RECEPTION—APRIL 15TH, 7-8:30PM, LYLE HALL PARLOR

MENTOR/MENTEE ACHIEVEMENTS

Congratulations to the following mentees who achieved dean's list for Fall 2003! Kristin Albright, Romeo Azondekon, Zakiya Brown, Brianna Jacoby, Bethany Kepich, Tomas Murillo, Wineber Olivas, and Jamie Warner.

Also, congratulations to mentees Charles Garey and Brianna Glenn, for receiving the NAACP Freedom Scholarship!



MENTOR'S PAGE

Essentials for a Successful Mentoring Connection

- ◆ Respect—This happens when the mentee appreciates the mentor's abilities, and the mentor recognizes the mentee's potential.
- ◆ Trust—This is built through open communication and availability.
- ◆ Partnership Building—This occurs through problem-solving and frequent reflection on the progress the mentee has made.



- ◆ Realistic Expectations and Self Perception—The mentor should encourage the mentee to have realistic self-perception and should give honest feedback.

- ◆ Time—Mentors and mentees should stay connected through face-to-face meetings and through email/phone calls between meetings.
Source: "FASE Mentoring Program." www.indiana.edu/~fase/mentorres.html
For more tips on how to establish a successful mentoring relationship, be sure to check out www.uwosh.edu/mentoring/faculty/materials.html. This is a great resource for improving your listening and relating skills.

PEER MENTORING

Becoming a peer mentor means that you work to help another student succeed. However, the mentee isn't the only one who can benefit from the relationship. In fact, mentors can benefit just as much as mentees from the mentoring relationship.

As a mentor, you can:

- Develop leadership skills
- Improve communication and interpersonal skills
- Increase self-esteem and confidence
- Build solid volunteer experience
- A sense of pride and accomplishment from helping others
- College and community involvement



Peer mentors in MMAP are junior/senior students who have at least a 2.5 GPA, and a desire to help fellow students succeed. They attend a brief interview and get a letter of recommendation from faculty/staff members. Why not become a peer mentor today!

Adapted from
["http://www.conestogac.on.ca/stserv/html_pages/jobs/peer_mentor.html"](http://www.conestogac.on.ca/stserv/html_pages/jobs/peer_mentor.html)

ALUMNI AND COMMUNITY

MMAP is working to expand mentoring services by recruiting alumni and community members to serve as mentors.

Alumni Mentors are MU graduates who connect with mentees by sharing advice on college life, listening empathetically and giving mentees insight into how to relate their college education to a "real world" career. The alumni mentoring program has a special focus on students of color.



Community Mentors are members of the surrounding community who relate to MU mentees by supplying advice on life experiences, providing support to the student, and helping integrate the student's college experience into the greater community.

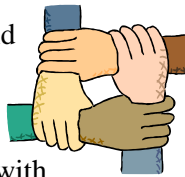
If you or someone you know would like to become an alumni or community mentor, please contact mmap@millersville.edu, or call 871-5361.

MENTEE'S PAGE

Benefits of Diversity in University Experience

Diversity enriches the educational experience. We learn from those whose experiences, beliefs, and perspectives are different from our own, and these lessons can be taught best in a richly diverse intellectual and social environment.

Diversity promotes personal growth--and a healthy society. Diversity challenges stereotyped preconceptions; it encourages critical thinking; and it helps students learn to communicate effectively with people of varied backgrounds.



Diversity strengthens communities and the workplace. Education within a diverse setting prepares students to become good citizens in an increasingly complex, pluralistic society; it fosters mutual respect and teamwork; and it helps build communities whose members are judged by the quality of their character and their contributions.

Diversity enhances America's economic competitiveness. Sustaining the nation's prosperity in the 21st century will require us to make effective use of the talents and abilities of all our citizens, in work settings that bring together individuals from diverse backgrounds and cultures.

Adapted from "<http://www.fdu.edu/visitorcenter/diversity.html>"

SETTING AND ACHIEVING GOALS

Tips on how to set and achieve goals:

1. Brainstorm with your mentor about your priorities and set both long and short-term goals.
2. Develop small, concrete steps that can lead to eventually achieving your goals.
3. Discuss with your mentor potential obstacles to achieving your goals, and come up with plans for overcoming them.

Make sure to share your success with your mentor, they will appreciate knowing that they helped you succeed.

4. Get to work! Start with your highest priority goals, and take action toward achieving them.
5. After a few weeks, reevaluate your goals with your mentor. See if things are going according to plan, or if your goals/priorities need revision.

Reward yourself! Do something special for yourself when you reach a goal. Be sure to share your successes with your mentor. They will appreciate knowing that they helped you succeed. Also, make sure to set goals specific to your mentoring relationship, this is a great way to experience a meaningful mentoring experience.

BENEFITS OF BEING A MENTEE

So What's In It For Me?

- Access to mentor's accumulated knowledge and expertise
- Practical insights into the 'real' world
- Acquisition of skills and knowledge
- Access to mentor's professional networks
- Recognition of and an opportunity to achieve potential
- Increased creativity

- New insights into own behavior and practices
- Achievement of scholarly activities
- Role clarification
- An opportunity to try out new ideas or plans
- Increased self-confidence
- Increased self-awareness
- Enhanced self-esteem
- Reduced feelings of isolation
- Support and reassurance



Adapted from "<http://www.unisa.edu.au/easdeanteaching/mentor.htm>"

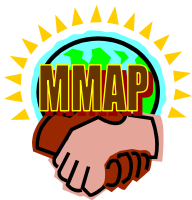
MILLERSVILLE MENTORING ALLIANCE PROGRAM

Sarah Martin, Program Coordinator
Stacy Denlinger, Administrative Assistant
3rd Floor Lyle Hall
Room 349

Phone: 717-871-5361
Email: mmap@millersville.edu

Brought to you by the Office of Academic Services, Division of Academic Support Programs and Learning Services,
Dr. Bello-Ogunu, Assistant Provost for Academic Services

Contact MMAP today and get on the road to graduation!



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.

IN THEIR OWN WORDS...

When talking to a mentee in the MMAP program, they frequently express their appreciation for their mentors. Many enjoy catching up with their mentor over lunch, and report being able to talk easily with their mentor as one of the strengths of the program.

For example, Marisa Ayala writes, "As a mentee in the MMAP program, I am very appreciative for the relationship I share with my mentor. The best advice I can give is to take advantage of the program and treat the relationship with equal importance in respect to both the mentor and the mentee. Through this program I have gained not only a mentor, but a friend!"

Zakiya Brown writes, "I think that successful mentoring relationships definitely benefit students. Having someone in your corner who believes in you and wants you to succeed in your studies is usually very encouraging. It's great to have a mentor to sit down and try to help you come up with a plan to reach your academic goals during your time at Millersville."

MMAP wants to hear from you. Email mmap@millersville.edu today!

