QUINSIGAMOND Community College NEWSLETTER Mentoring

QCC Mentoring November Newsletter

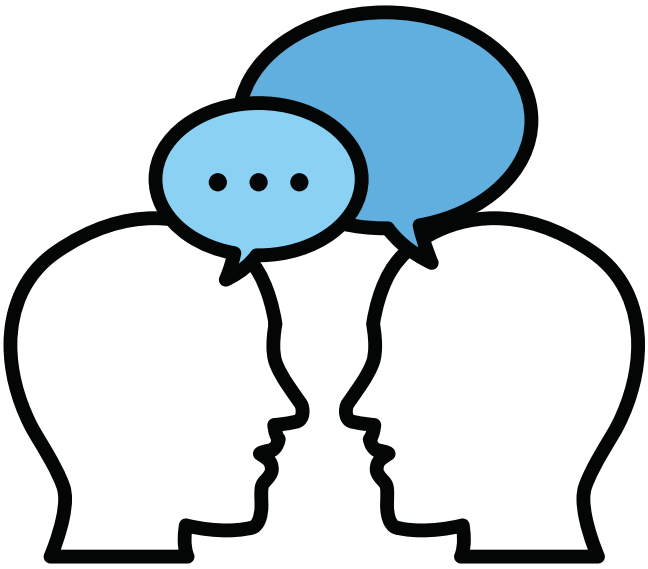
LETTER TO MENTORS:

Hello Mentors!

Below you will find a Mentor Guide for the month of November. At the end of the guide, you will find links to relevant worksheets. You can also click on the following link https://www.qcc.edu/events for student events that you may want to pass along to your mentee.

-Kalan & Jen

We want you to feel supported as a mentor. Please email mentoring@qcc.mass.edu for assistance.



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Reminder:

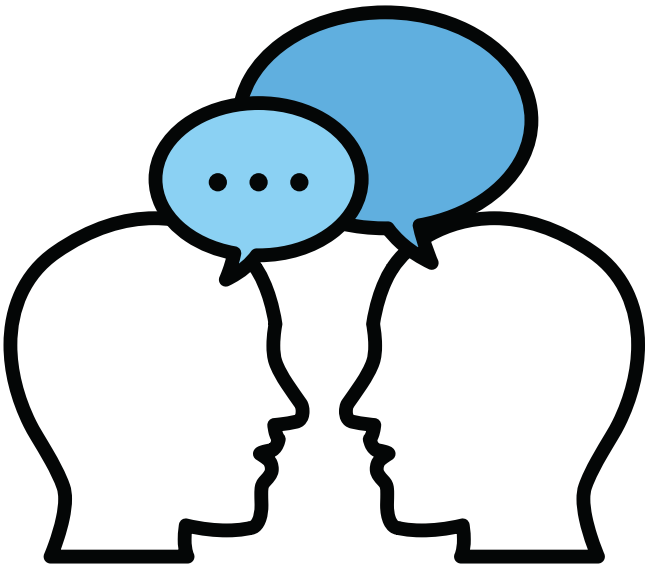
Please set healthy boundaries with your mentees. Also, please be sure to engage and share experiences, as your energy and willingness to be present sets the tone for the meeting.

Icebreaker: Rose, Bud, Thorn

Rose - A highlight from the past month. Does not have to be academic or professional.

Bud - Something that is in the planning stages or that you are building towards.

Thorn - Something that was an obstacle/learning moment.



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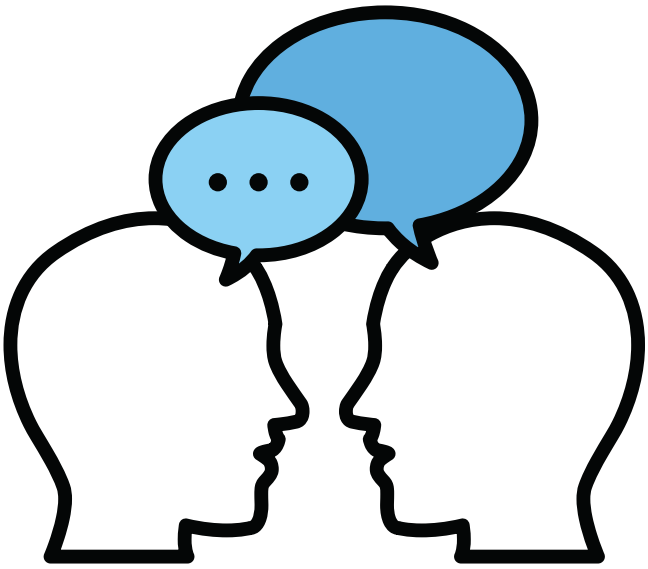
Start the Conversation

How have you been?

Anything that is timely or important to you that you would like to talk about?

(Allow mentee to direct conversation)



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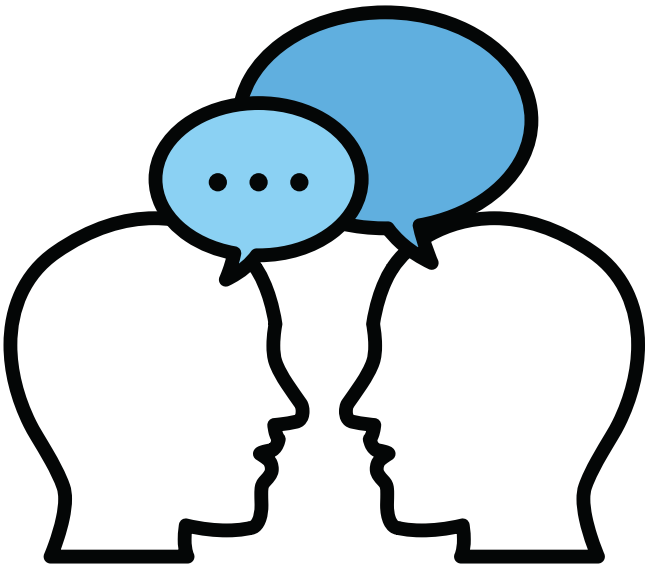
Degree Audit

What courses have you taken for your degree so far? Do you need to retake any courses? What is your current track for graduation? What courses do you have left to take? How many courses do you feel comfortable taking in a semester currently, while analyzing any responsibilities or obligations that you have?

Do you need to reach out to your advisor for any clarifying questions?



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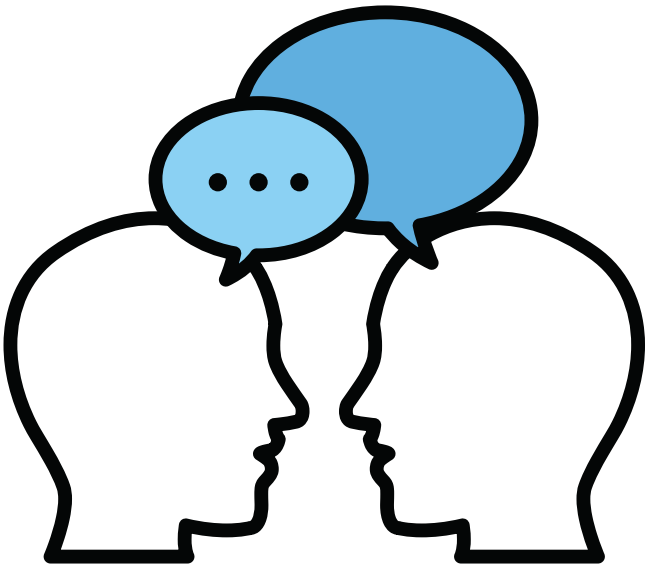
Studying

Whether you have exams or not, spending time with the material in your courses is extremely valuable for your retention of information.

When you envision your perfect environment for getting work done, what does that look like? What time of day is it? Is there anyone else around? How loud is it? Any other details that stick out to you as being important?

How are you currently studying? Has your current studying style been getting you the results you want?



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Where do you study? How long do you study? What hours do you study? Do you get distracted often? Do you have any study partners or anybody that you know from class? You can also help fill in each other's notes if you miss class.

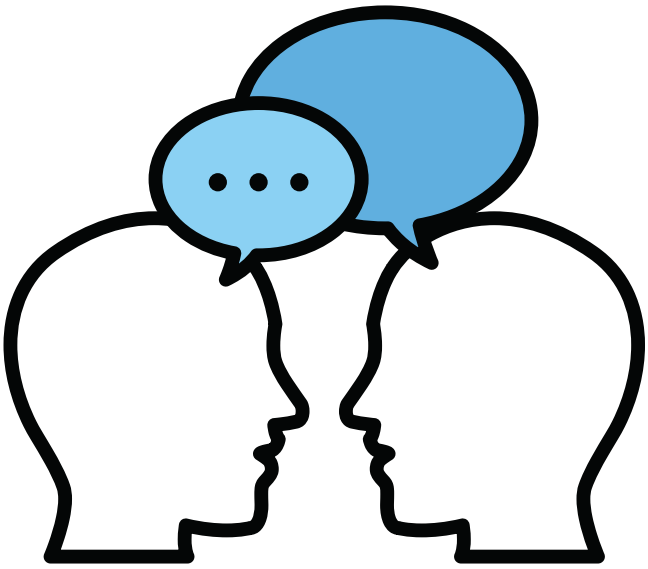
What do you do when you get...

Stuck?

Fatigued?

Overwhelmed?

Knowing what you need in those times and how to access that need can be essential.



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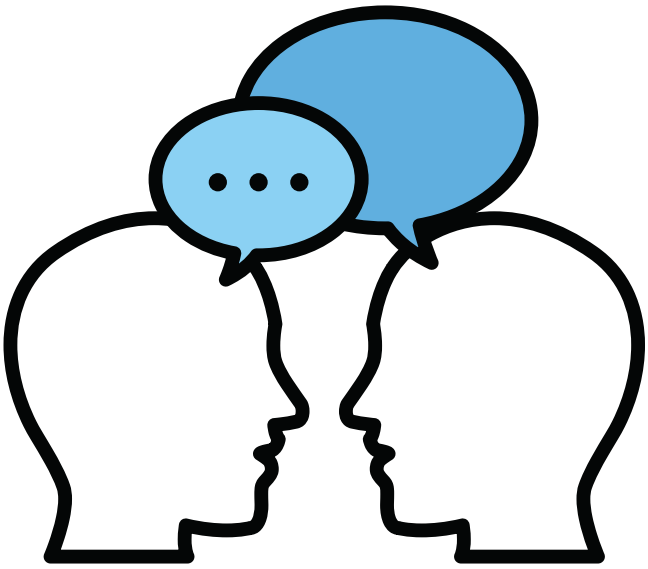
What you need and what others need might look different and that is okay! (Example: deep breaths, yoga, a walk, talking to a therapist, time with an emotional support animal, journaling, etc.)

Do you think a change in location, communication, or boundaries would help you?

Location can change your mindset when beginning your work. Would being on campus, or being in a certain room benefit you? Do you need a table or a certain kind of chair to be productive? Pay attention to if the space has nearby outlets if your work requires



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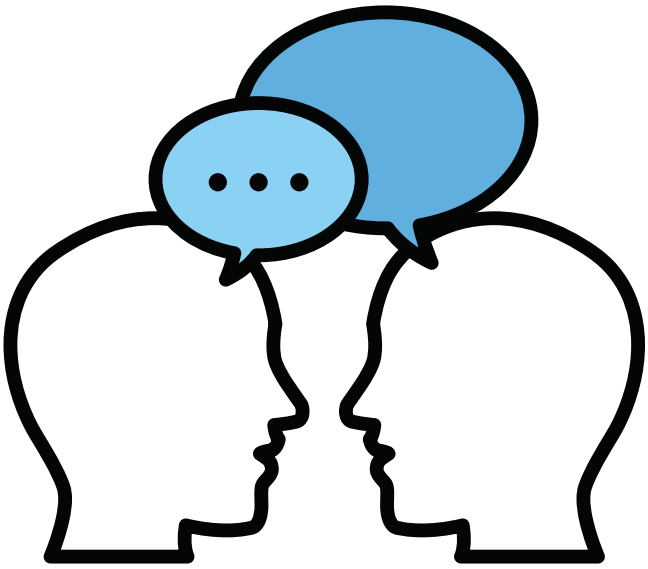
a computer of any kind.

Communication, especially electronic, can be essential to being productive. Put your phone and any other devices away and on do not disturb, if this is an option for you, so you do not hear or see alerts.

Boundaries especially if you have roommates or family that you live with that can give you a reserved period of time without distractions.



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Links to Relevant Worksheets

(click on the following links)

Mentee-Guided Agenda Worksheet

Self-Care Checklist