

QUINSIGAMOND

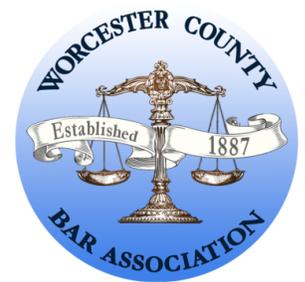
Community College

NEWSLETTER Mentoring

QCC Mentoring March Newsletter



The City of
WORCESTER



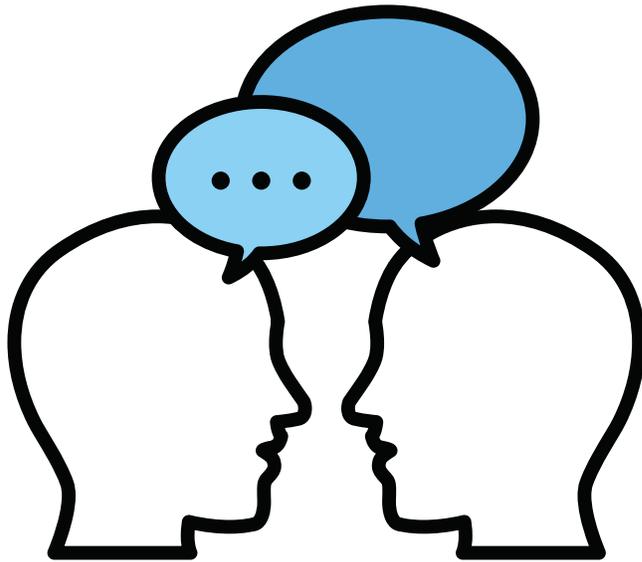
LETTER TO MENTORS:

Hello Mentors!

Below you will find a Mentor Guide for the month of March. 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.



QCC MENTORING

Making Connections, Building Community

MENTOR GUIDE

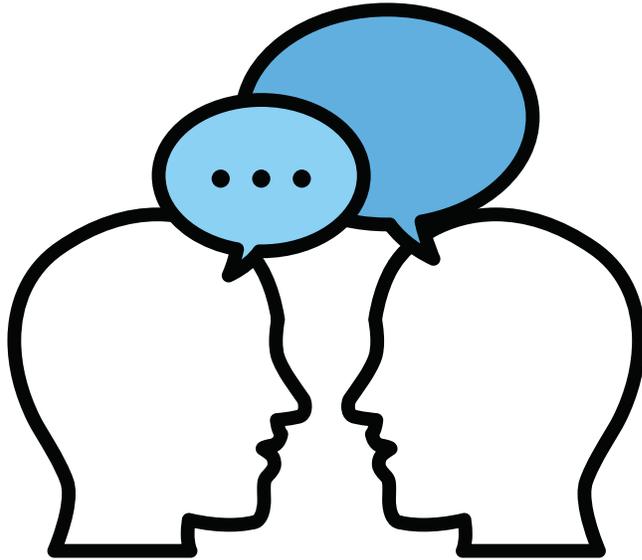
Reminder:

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

What's the best piece of advice you've ever gotten, and when has it come in handy?

You both share the answers to the above question.



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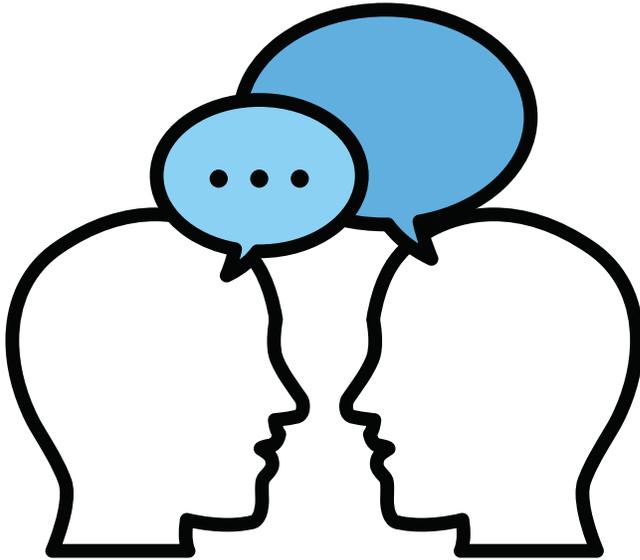
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Start the Conversation

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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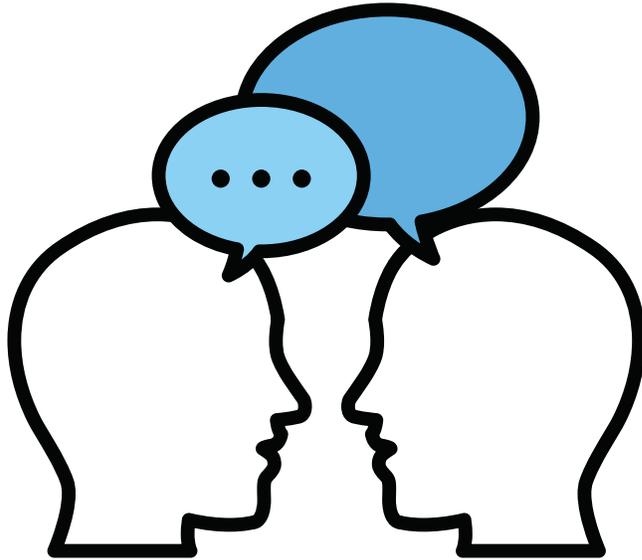
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3 Year Plan:

How many classes do they need to fulfill their degree?

Understand the value of the associate degree. Whether they want to transfer or use the degree as is, it is usually a good idea to get an associates degree before leaving as it can open doors and gives them a security blanket in case they ever need to take a break.

What are their goals beyond the degree?



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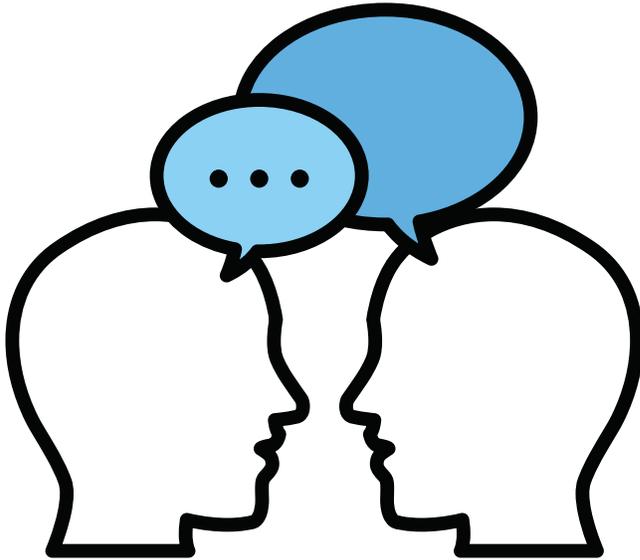
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Do they want to transfer?

Do they want to get internships or fellowships?

If they are close to degree or goal, what comes next?

What do they want to do in the first year of their position? Is this position one that they want to stay in and gain experience before moving on to another position?



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What connections would be helpful?

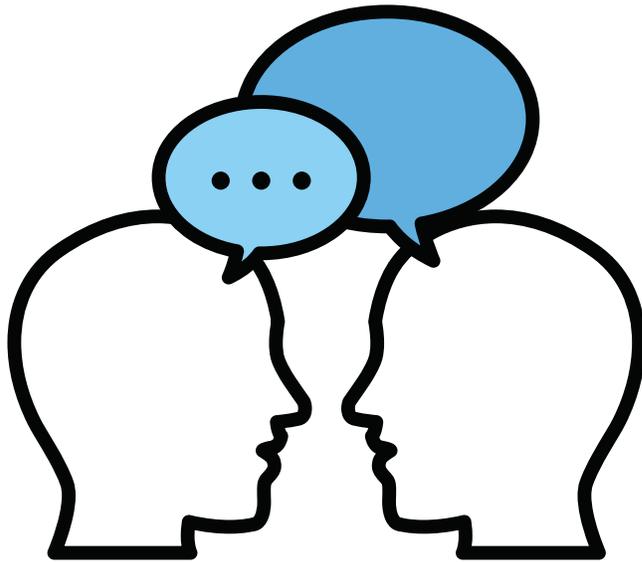
Will they need certain skills? Have they looked at the next position description to see what current employers are looking for?

3 Year Plan Worksheet (can be printed from Relevant Worksheet below)

The first bucket is the next year

The second bucket is year 2

The third bucket is year 3



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With these 3 buckets, put different things they want to achieve inside the buckets. Things they would like to achieve can be related to academics, work, family, etc.

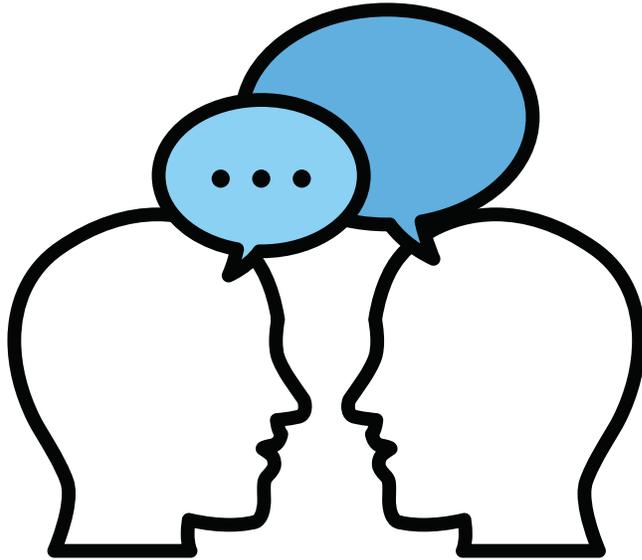
Examples:

Secure an internship/job that meets my professional goals

Create a healthier work/school/life balance that enables me to spend more time with loved ones

Graduate from QCC

Transfer to another institution



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Links to Relevant Worksheet

(click on the following link)

Three Year Plan Worksheet