



QUINSIGAMOND

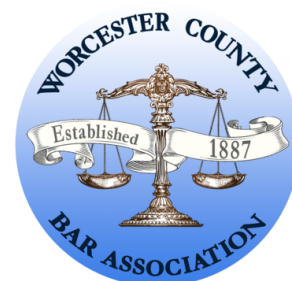
Community College

NEWSLETTER Mentoring

QCC Mentoring October Newsletter



The City of
WORCESTER



LETTER TO MENTEES & MENTORS:

Hello everyone!

For those who are new to the program, welcome to QCC Mentoring! For those who are returning, we are happy to have you and continue supporting you!

My name is Kalan Lewis, and I am the Director of Mentoring and Special Programs as of July. I am excited to be here and meet people! My focus is to ensure that the mentoring program continues in supporting mentees holistically and in a way that is adaptive to each mentees' interests and needs. My other focus is to support mentees in reaching their goals. I am coming to QCC from Bowdoin College where I worked to support students in multiple ways, including mentoring. I have a passion for building mentoring relationships as it is something that I have experienced the benefits of in my own journey and that I continue to do in my time outside of QCC.



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UMassMemorial
Medical Center



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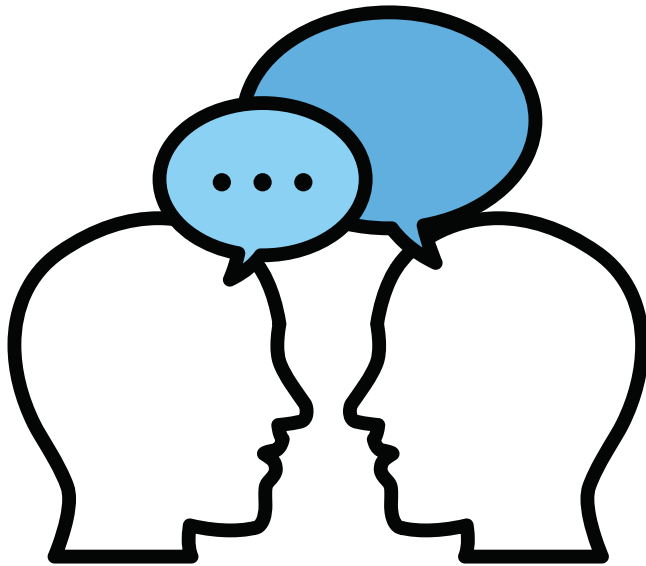
My goal is to support all of you to have valuable meetings where you feel respected, supported, and have the space to openly communicate.

If you ever need support or just want to talk, I am located in office 205A of the Administration Building. We have a stop by event on October 17th from 11am to 2pm in Fuller (The Student Center) if you are on campus and looking for snacks or swap. I look forward to seeing and supporting you all!

- Kalan Lewis

Reminder

- **Meetings are meant to be once a month for 30 minutes to an hour, unless both mentor and mentee agree to more frequent meetings.**
- **Meetings can be at a flexible time that matches both of your availability.**
- **Meetings can be a phone call, video call, or in person.**



QCC MENTORING

***Making
Connections,
Building
Community***

SUGGESTED EXERCISE

Mentors should check out this Mentor Guide.

Matches should also work on goal setting together with the resources below.

QCC Mentoring Fillable Goal Sheet

SMART Goals

Goal Board



QCC MENTORING

*Making
Connections,
Building
Community*

EVENT

QCC Mentoring Fall Kick-Off

October 17

11am to 2pm

Fuller Student Center

It is a stop by, so it isn't a large time commitment. Say hello to the staff, get a few snacks and some swag!

Click for the flyer [here](#).