

MENTOR COLLECTIVE EXPERIENCE GUIDEBOOK

A Guide **FOR** Mentors at UCR!

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THINGS TO UNDERSTAND PRIOR TO STARTING YOUR MENTORSHIP

- It is a **year-long commitment** in being a mentor within the Mentor-Collective Program (ponder your availability and limitations when thinking about becoming a mentor– you need a robust/resilient mentality & durable patronage when supporting your fellow mentees!)
- Think about your limitations and overextending support when deciding how many mentees you can help (deciding the number of mentees you wish to help)!
- It would be extremely helpful as a mentor to be knowledgeable of UCR's resources (i.e. ARC tutoring, study spaces within the library, scholarships, financial aid resources, clubs/internships–basically share as many possible resources you know that may help your mentee throughout the year!)
- Your mentee will most likely be a transfer student from a community college with a semester system (expect levels of worriement & nervousness from mentees)

Note: To lower/ ease mentees worries upon transferring, try sharing your experience when you first transferred (share your positive experiences at UCR, explain why you transferred to UCR or why you like UCR!)

- Your mentee(s) may have similar majors and/or career interests to yours (use this commonality as a starting point to know one another)

HOW TO SET AN ORGANIZED MENTORSHIP

- Properly introduce yourself first to your mentee via text or UCR email (provide your preferred/ appropriate contact information for your mentees to reach you)
- Collaborate your availability by sharing your schedules and what time you are the most available
- Address how you would like to meet with your mentee (i.e. via texting, calling, in-person, zoom, etc.)

Note: Preference which type of meeting style will most benefit you & your mentee in means of efficient communication, access to one another, and above all **provide a safe environment to collaborate!**

- Plan out certain topics you would like to discuss with your mentee (topics could include describing your study routine, means of being a successful student at UCR—basically ask what they would like to talk about for the upcoming meeting...this gives you a chance to be prepared for answering their questions)

ACTIVITIES/ ICE BREAKERS TO BREAK THE AWKWARD SILENCE

- One fun icebreaker is the **Alphabet game**: essentially you or your mentee choose a category (food, colors, music genre, ...the more absurd the better!) and one after another begin naming things in sequence of the alphabet according to the category [i.e. (you) “apple”, (mentee) “banana” , (you) “carrot”, etc.]
- To help your mentee become familiarized with things such as UCR resources, you can use **Kahoot**, it's an online quiz platform where you can design fun quizzes and test your mentees by having them answer your questions (i.e. “Who do you contact when you want to discuss about what academic courses you need for your major at UCR?” : A) Your reflection in the mirror B) Your academic advisor C) IDK, need to ask my mentor about this one!)
- Have a session with your **mentee where they talk about their dreams or aspirations**, what they would like to achieve when coming out of UCR (**make sure your mentee is comfortable with participating in the share!**)
- **Ask your mentee what fun icebreaker they would like to do/share** (It never hurts to ask!..**just make sure it appropriate!**)
- **Above all, try to make your activities/ icebreakers entertaining and appropriate! The goal is to generate a positive experience for you and your mentee!**

\$ CASHING IN ON THE MENTORSHIP EXPERIENCE \$

- Mentor Collective can provide a certificate of participation for your resume
- You may develop friendships among your mentees during or after the program
- You can discover useful resources pertaining to your major previously unknown to you
- You can develop social/career networking (discover social organizations or academic clubs offered on or off campus)
- Enhance your leadership & communication skills
- Be considered “an competitive student” when applying to graduate school

MY PERSONAL REFLECTION OF MENTOR COLLECTIVE AS A FORMER MENTEE & CURRENT MENTOR WITHIN THE PROGRAM

As a first generation transfer student it was a difficult transition entering UCR from a community college. I was extremely grateful to have had a mentor to ease my transition into UCR by providing & exhibiting where to find my classes, quiet places to study on campus, where to find cheap textbooks for my course; essentially have someone to guide you as if they were a older sibling. I still keep in touch with my mentor from time to time.

Reflecting back to when I was a mentee, I can compare my experience as if I was in back in elementary school (freshly new to the school and clueless) and have a friend a grade above me “show me the ropes” around the school.

Now as a mentor, I can relate to my mentees as they experience their first year at UCR. I try my best to provide any type of resources I know of and encouragement to make their first year less scary and a bit more pleasant.