



## **Project Change Mentor Overview**

Thank you for your interest in joining the Project Change team. This handout provides a basic overview of the responsibilities and expectations for anyone mentoring Project Change students.

### **Mentor Responsibilities:**

1. Attend training workshops for mentoring this student population
2. Attend the mentor/mentee match day event in the Spring
3. Attend Project Change mentor/mentee team building events
4. Meet bi-weekly for the full academic year with the mentee in accordance with the schedule availability for both parties (primarily in person, but occasional email or phone connections because of scheduling or other circumstances is also possible)
5. Complete an initial intake, a mid-year review, and final exit evaluation regarding your mentoring experience

### **What is a Mentor?**

A mentor is defined as a knowledgeable and experienced guide, a trustworthy ally and advocate, and a caring role model. An effective mentor is respectful, reliable, patient, trustworthy, and a very good listener and communicator.<sup>1</sup>

In a college setting, mentors can be found among faculty and professional staff that are knowledgeable about the inner workings of the college system and their field of study/department, and as a result, can help new students navigate their first-year college experience. This is why Project Change offers faculty and staff mentors to offer both academic and personal support.

Students are matched with mentors at the college that vary from across the disciplines and departments to assist in providing students a unique and individualized match based on their needs, interests, and goals. Often, new students, especially underrepresented and at-risk populations like those in Project Change, will feel overwhelmed and unsure of how to best reach out for help when confronted with an academic or personal problem. By having a mentor for each student, they do not need to navigate the various difficulties that come up on their own. A large goal

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<sup>1</sup> DuBois & Karcher, 2005; Rhodes, 2002; Zimmerman, Bingenheimer & Behrendt, (2005) "Effective Practices in Mentor Training"

of the mentoring relationships is to foster trust, persistence, and self-advocacy for the students, so they can be empowered to accomplish their goals.