

Make a Fast Start

How-To Guide for FastStart Behrend Mentors

Overview

- First Steps
- Goal Setting and Action Plan
- Your Role as a FastStart Behrend Mentor
- Ideas and Tips for Mentors
- Support for Mentors

First Steps

Match Notification

- Contact Information, given to mentors and students

Introduce yourself

- Send introductory e-mail or call
- Provide a little more information about yourself
- Suggest a good time to contact you

Tell your mentee about yourself

- Your hometown
- A bit about your interests
- Why you came to Penn State

Attend the Welcome Luncheon

- Meet your mentee, other students, faculty/staff and local alumni involved in the program

Goal Setting and Action Plan

Establish goals for the mentoring relationship

- Make setting goals a priority
- Think about what you hope to gain as a mentor
- Think about what kind of help you can give your mentee
- Discuss what you hope your participation will provide

**Use the goals and action plan worksheet - this is located in the "How to Guide"*

Your Role as a FastStart Behrend Mentor

- Establish a genuine relationship
- Be honest and realistic
- Be reliable and consistent
- Listen and problem-solve together
- Keep student informed of support services and campus/community news
- Contact the program coordinator if you are having problems in your relationship

814-898-7101

Tips for Success

- Make your mentoring relationship a priority
- Meet over breakfast/lunch
- Attend FastStart Behrend events
- Help your student network
- Include students in activities
- Make the campus seem more manageable
- Show a sincere interest in getting to know your mentee

Adapted from "Tips on Mentoring"
<http://www.mentoringgroup.com>

Support for Mentors

Monthly email check-ins

- Discussion topics and updates

Program Coordinator

- Laura Carroll

Helpful websites

- www.behrend.psu.edu/faststart
- www.mentoring.org
- www.mentoringgroup.com

AND...each other! 😊

Questions?

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