

Mentor Messenger

A message from the peer mentor subcommittee:

The peer mentor subcommittee was organized to support the needs of mentors and their coordinators. We hope that you will find the tips and information shared in this newsletter useful as you work with your Learning Community students. We also invite you to share tips or to make announcements.

Please send information or comments to jenl@iastate.edu.

Important Dates to Remember

- October 19 — advising period for Spring 2010 registration begins
- October 21 – registration period for Spring 2010 begins
- October 30— last day to drop/add full-semester courses or withdraw without extenuating circumstances
- October 30— last day to change a full-semester course to or from Pass/Not Pass

Coping Skills for You and Your Mentees

While college life can be a lot of fun, it is also accompanied by stress such as mid-terms, picking out courses for the next semester, thinking about changing majors, etc. As a mentor, you have the opportunity to ease some of the anxiety your mentees are feeling. Your mentor role enables you to address some of these stress-related issues before they get out of hand.

Signs that there may be a problem:

- ◆ Unusual changes in behavior
- ◆ Increasing irritability
- ◆ Reports of sleeping more or less than usual

What can you do to help?

- ◆ Be involved
- ◆ Show sensitivity
- ◆ Be accessible
- ◆ Ask open-ended questions to start a dialogue
- ◆ Offer suggestions for preventative coping skills, such as proper diet, exercise, sleeping, developing friend networks

Examples of negative coping mechanisms:

- ◆ Alcohol abuse
- ◆ Drug abuse
- ◆ Eating disorders



Recognize the times to refer:

- ◆ Threats of harming themselves (this is a permanent solution to temporary problems)
- ◆ Major changes in behavior (appearance, attitudes)
- ◆ Refer to: Student Counseling Services
<http://www.public.iastate.edu/~stdtcouns/>

Key Points

- ◆ Remember that you are not responsible for another person's behavior
- ◆ Showing compassion for another person has long-lasting effects

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