

# Mentor Messenger

## A message from the peer mentor subcommittee

The peer mentor subcommittee was organized to support the needs of mentors and their coordinators. Please feel free to submit your tips or to make announcements. Send information or comments to [jenl@iastate.edu](mailto:jenl@iastate.edu).

### Important Dates to Remember

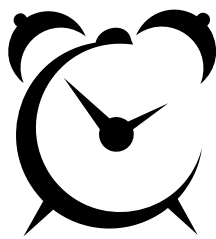
- January 21, 2008— University Holiday
- January 25, 2008— Last day to return current semester textbooks for refund to University Bookstore
- January 29, 2008— Men's Basketball; Iowa State vs. Colorado
- January 30, 2008— Women's Basketball; Iowa State vs. Colorado

## Welcome Back! Helping Your Mentees to Improve in the New Year

After completing the fall semester, your mentees likely have a better idea of college academic expectations. As we begin the new semester, ask them to review their strengths and weaknesses in the classroom and to think about ways they could improve their performance this semester.

If study habits are a stumbling block, review the following suggestions with them:

- ◆ minimize distractions and find a quiet place to study in order to focus on the task at hand
- ◆ prioritize out-of-class activities and remember to set aside time to study each day
- ◆ break up studying into smaller blocks of time in place of cramming before quizzes and exams



If it seems like issues start in the classroom, you could recommend that your mentee:

- ◆ attend class every day and actively participate by taking notes and asking questions when necessary
- ◆ use a day planner to keep track of readings and upcoming assignments
- ◆ exchange emails with classmates and consider forming a study group
- ◆ seek help from the professor or TA early if he/she has difficulty understanding course content



Starting the semester with specific goals in mind can provide your mentees the motivation they need to achieve their personal best.

## Reconnecting with Your Learning Community Mentees after Winter Break



Returning to school after winter break can be difficult for many students. It may involve parting from family and friends back home, while reestablishing newer relationships with peers at school. It can also be challenging to get back into the routine of going to class and studying again, if most of the break was spent having fun and relaxing. You can help your mentees adjust back to college life in a variety of ways, such as: send-

ing a welcome back message to them; organizing a social event early in the semester to reconnect the group; or meeting with students individually during the first few weeks of classes to discuss the courses they are taking and any other personal concerns they may have.

Expressing interest in your mentees' well-being can help ease the transition back to school and identify problems before they arise.