

MENTOR MESSENGER

Greetings from the peer mentor subcommittee

The peer mentor subcommittee is a university committee that supports peer mentors and coordinators. Our goal is to provide periodic updates about events that are occurring on campus and helpful hints to assist you in your mentor role. We encourage you to share your thoughts by contacting kearnest@iastate.edu or calling 294-6264.

Academic Calendar Events



1/9/06 Class Work Begins

1/13/06 Last day to process a schedule change without fee or drop/add class with out instructor signature

1/16/06 University Holiday

1/23/06 Last day to return current semester textbooks to the University Bookstore

Collaborative Learning



The beginning of the semester is a great time to have students form study teams so that they can tackle difficult tasks together and draw upon the collective talents and insights of team members.

Encouraging students to study collaboratively can yield long-term benefits. Collaborative learning is interactive and promotes critical thinking.

Academic Resource of the Month

Supplemental Instruction is a great campus resource. Supplemental instruction gives students an opportunity to “learn how to learn while learning what to learn.”

SI leaders trained in group facilitation and learning techniques attend classes and conduct small group sessions that are interactive.

Supplemental Instruction is offered in courses where students receive a high percentage of D’s and F’s and consistent attendance at supplemental sessions has been shown to increase students’ performance in classes by a letter grade.

For additional information about supplemental instruction and to view a list of the SI offerings go to :

http://www.dso.iastate.edu/dept/asc/supplemental_instruction.htm

Tip of the Month

The term **locos of control** refers to the relationship between one’s behavior and the occurrence of rewards and punishments. Individuals may have an internal or external locus of control.

As a mentor you can be instrumental in helping students to gain an **internal locos of control**. This is the belief that one’s behavior or effort influences outcomes. Students who understand the impact of their behaviors on outcomes tend to be more independent and are better able to cope with various stresses.

Engaging mentees in active problem solving helps them understand how personal choices impact results. The start of a new semester is a great time to have this conversation. Encourage students to reflect and discuss which behaviors will lead them to positive results.