

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.

Important Dates to Remember

- November 27, 2007—
Men's Basketball; Iowa State vs Northern Iowa
- November 28, 2007—
WinterFest; central campus; events are free
- November 30, 2007—
Women's Basketball; Iowa State vs Montana State
- December 3, 2007—
Room assignments for Spring 2008 courses displayed in the Online Schedule of Classes

Keeping Your Students Involved with the Learning Community



By this time in the semester, many students are feeling the pressure of class project deadlines, exams, busy work schedules and social activities. It can be more challenging to keep students active in the learning community as the semester comes to an end.

Some ideas for keeping your mentees engaged in the learning community include:

- ◆ Seeking feedback from students about their schedules and availability to attend events
- ◆ Asking students to submit ideas and help coordinate future

events, such as an end-of-semester get together or group activity so they feel personally invested in the process

- ◆ Shortening the amount of time required for learning community related activities so that students do not need to set aside a large block of time to attend
- ◆ Adding fun, physical activities, such as competitions and games, to your meetings may help increase participation
- ◆ Scheduling a meeting over a meal hour can offer students an opportunity to grab something to eat while building community



Promoting Wellness during the Fall and Winter Months

As the days get colder, we tend to spend more time indoors. It is important to maintain an active and healthy lifestyle during the winter months in order to prevent illness. It is beneficial to remind your mentees to try to get a full 8 hours of sleep, exercise at least 30 minutes a day, dress warmly and eat a balanced diet. Additional ideas for promoting wellness in your learning community include:

- ◆ Organizing an exercise group to help your mentees stay motivated



- ◆ Planning for the group to eat with one another in the dining hall to ensure that everyone is getting a balanced meal
- ◆ Asking students to take notes for each other in case one of them gets sick for an extended period of time

Most importantly, remember to take care of your own health, as well as your mentees.

To learn about wellness resources on campus, please visit the ISU Wellness Center website at:

<http://www.health.iastate.edu/wellness/>.