

# MENTOR MESSENGER

## Greetings from the Peer Mentor Subcommittee

As the semester progresses, it is important to observe student interactions. Students often signal when they are experiencing adjustment issues. They may be less responsive in class; they may be absent from programs; they may also isolate themselves from others in the community. Be willing to follow-up with these students. Sometimes a mentor's inquiry can be just the impetus the students need to share concerns and seek assistance.

## Academic Calendar Events



**10/10/05** Schedule for Classes Spring 2006 available on the Web

**10/19/05** Registration for Spring 2006 begins. Access Plus-Hours of Registration-7 a.m. to 10 PM Monday-Thursday.

**10/20/05** – Fee payment deadline for fall semester. Final payment due.

**10/22/05**- ISU vs Oklahoma State (Homecoming)

## MENTORS CAN PLAY A CRITICAL ROLE HELPING STUDENTS RESPOND TO MIDTERMS



As you might imagine, each fall semester a disproportionate number of first-year students receive midterms. Adjustment challenges contribute greatly to the high number of midterms received and mentors can play a key role in helping students to understand and to respond effectively to midterms.

Take some time explain to mentees what the midterm is and how they are received. A **midterm** is a warning indicating that a student is currently receiving a **C-, D or F** in a particular course. **M** indicates that a student is not attending class. Midterm notification will be posted on AccessPlus in mid-October.

You can help students understand that receiving a midterm is less a cause for alarm and more a wake-up call. There is still half a semester to complete and there are many strategies and resources at the student's disposal.

Mentors can be effective in helping students identify the source(s) of the problem, assisting students to brainstorm solutions and identifying resources like faculty members, the Academic Success

Center, advisers, CA's and tutors. You can also promote goal setting and suggest study techniques.

It's also good to encourage students who received no midterms to check in with faculty. Sometimes instructors do not submit midterms. The best way to assess your class status is often to speak with the instructor personally. Mid-semester is a great time to drop in during office hours or schedule an appointment.

## Tip of the Month

An important step in helping others to develop as students and leaders is to assess your functioning in particular areas. Successful peer mentor are **self-aware**. It is difficult to model appropriate behavior or to advocate for a course of action if you have little sense of your strengths or limitations in an area. Effective mentors are willing to incorporate change strategies into their lives when improvement is warranted. Reflect about your role as a mentor or student, and solicit feedback from students, supervisors and professors. Identify areas that you would like to enhance and allow yourself to grow just like your mentees.

## Call for Articles

Mentors and coordinators have great ideas and we encourage you to submit strategies and topics that can be shared with others. Please submit article ideas or notices to [kearnest@iastate.edu](mailto:kearnest@iastate.edu) or call 294-6264.