

1st Meeting

How to spend an hour with your Mentor	
10 Min	Share at least 2 things that you have done since the last time you met
5 Min	Ask your Mentor about events that have occurred in his/her life since you last met
10 Min	Inquire about pathways to grad school (apply right out of undergrad, take a gap year)
15 Min	Ask for advice on your grad school application, personal statement, resume, finding the right advisor
10 Min	Plan an event that the two of you can do together (ex. Attend a CEOAS Seminar)
10 Min	Ask a question about a goal or interest that you have

Your information might include

Preferred name or nickname

Academic background

What classes you are taking now

Why you decided to be a mentor

Any information regarding interests and hobbies that you feel comfortable sharing

Your availability

Ways to contact you

You might ask your mentee the same questions as above

Issues of Confidentiality & Harassment

Do's

- Respect the confidentiality of the information you receive from your mentee.
- Know your limits. Ask for help before you get overwhelmed
- Report concerns "up", but not "out".
The "up" list: Jessica, Mary or Robert.
These could include concerns about sexual harassment, emotional or mental problems, someone is being hurt

Don'ts:

- Don't give your friends confidential information about your mentee.
- Don't try to solve your mentee's problems by yourself. Your mentee is an adult and has responsibility for his/her own life. You are not a therapist.
- A romantic relationship is inappropriate.
- Don't communicate by touch. It can be misinterpreted
- Don't make sexually suggestive remarks, gestures, jokes, or teasing.
- Don't get discouraged. Mentoring is a process, and does not get instantaneous results.

Schedule

- Mentor Training – Today
- Respond to the initial contact for your mentee in a timely manner
- Meet with your mentee at least 3 times during Winter Term
- Capstone Community Event at the end of Winter Term
- Fill out the required assessment survey at the end of term
- If you choose to, you may continue your mentee/mentor relationship past Winter Term or as long or as short as you both wish.

RESOURCE GUIDE/DIRECTORY

Resource, Campus Location & Phone

CEOAS STUDENT SERVICES

104 Wilkinson Hall, 541-737-1201

<http://ceoas.oregonstate.edu/academics/advising/>

ACADEMIC SUCCESS CENTER

102 Waldo Hall, 541-737-2272

<http://success.oregonstate.edu/learning-corner>

CAREER SERVICES

B008 Kerr Administration, 541-737-4085

<http://oregonstate.edu/career/beaver-jobnet>

CHILDCARE & FAMILY RESOURCES

B009 Kerr Administration, 541-737-4906

COLLABORATIVE LEARNING CENTER

Main Floor, Valley Library

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

5TH Floor Snell Hall, 541-737-2131

<http://oregonstate.edu/counsel/mind-spa>

DISABILITY ACCESS SERVICES (DAS)

A200 Kerr Administration, 541-737-4098

FINANCIAL AID & SCHOLARSHIPS

218 Kerr Administration, 541-737-2241

HUMAN SERVICES RESOURCE CENTER

230 Snell Hall, 541-737-3747

MATH LEARNING CENTER (MLC)

108 Kidder Hall, 541-737-0797

REGISTRAR

102 Kerr Administration, 541-737-4331

STUDENT HEALTH SERVICES

Plageman Health Center, 541-737-9355

Services Provided

Academic advising (course selection, year plans, degree info, graduation planning, etc.); Internships; Research

Academic coaching; test prep; time management; studying; note taking

On-campus jobs, career counseling, career/interest assessments

Full day on-campus child care center, drop-off child care @ The Library & Dixon, and parent support/resources

Chemistry tutoring, Physics tutoring, Math tutoring, Supplemental Instruction & Writing Desk

Individual/group/couples counseling, consultation about personal issues, psychiatric services & stress management; Call @ 8:30 a.m. for same day appointment

Alternative testing, deaf & hard of hearing services, academic coaching, notetaking, notification to faculty & early registration

Financial aid & scholarship questions, (SAP) confirmation, emergency loans, renewing aid & changes to aid

Rental/utility assistance, food stamps, childcare information, food boxes & health insurance assistance

Drop-in tutoring, resources (textbooks, graphing calculators, etc.) & drop-in math software (MATLAB & MAPLE) tutoring

Academic standing, change of major, transfer credits, add/drop/withdraw, priority registration, final grades & registration

Immunizations, alcohol/drug use, annual/wellness exams, lab & x-ray, contraceptive care

RESOURCE GUIDE/DIRECTORY

Resource, Campus Location & Phone

SURVIVOR ADVOCACY & RESOURCE CENTER
311 Plageman Health Center, 541-737-2030

UNIVERSITY HOUSING AND DINING SERVICES
102 Buxton Hall, 541-737-4771

VETERAN SERVICES
A200 Kerr Admin, 541-737-8748

WRITING CENTER
123 Waldo Hall, 541-737-5640

Services Provided

Provides safe and confidential support to students impacted by different forms of violence.

Residence halls & cooperative houses, family housing, housing policies, dining plan options & dining locations

Transfer of benefits, tuition assistance, deployment, military credit evaluation, vocational rehabilitation & OSU VA community

Revising, brainstorming & editing written work, questions about grammar, citing sources & format