

# STAT



***Students Today, Alumni Tomorrow***

## **STAT Alumni Mentor Program**

### **Student Handbook**

2008-2009 Academic Year

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# Welcome

Dear Current SIUE Student and Future Alumna/us,

Thank you for your interest in the STAT Alumni Mentor Program! This handbook was designed to give you a thorough understanding of what the program entails as well as some guidelines for our program participants.

The STAT Alumni Mentor Program serves three crucial functions: easing the transition from college to graduation for students, fostering student networking opportunities and creating an easy transition from student to active Alumni Association member. In order to meet these goals and ensure lasting relationships between students and their mentors, great care is taken in pairing students with alumni mentors who share similar hobbies and career interests.

This handbook will provide you with an overview of the program and hopefully answer some basic questions about what you can expect from your mentor. Please use it as a guide and resource throughout your experience and feel free to share with us any suggestions for improving its usefulness to our future student participants.

Once again, thank you for your interest in the STAT Alumni Mentor Program. If you have further questions about the program, please do not hesitate to contact the SIUE Alumni Association office at 618-650-2760 or [alumni@siue.edu](mailto:alumni@siue.edu). We look forward to serving you!

With Cougar Pride,

A handwritten signature in black ink, appearing to read "Steve Jankowski". The signature is fluid and cursive, with a large initial "S" and "J".

Steve Jankowski, '74  
Director, Alumni Affairs  
SIUE Alumni Association

# Overview

## **STAT – Students Today, Alumni Tomorrow**

The mission of STAT is to enhance the personal, academic and professional development of students of SIUE – past, present and future – through the establishing and maintaining of mutually beneficial relationships with SIUE alumni, the SIUE Alumni Association and the Office of Alumni Affairs.

The purpose of the organization is to encourage students to interact with alumni before graduation through social and educational networking opportunities. The organization will also partner current students with alumni mentors for the purpose of gaining valuable career advice.

## **STAT Mentor Program - The Matching Process**

All students who wish to participate in the program as mentors must first fill out the Student Survey (see page 11.) Once the Alumni Association office receives a completed survey, the current student will be matched with an alumni mentor based on their answers to the mentor participation survey. As much as possible, matches will be made based on similar career field, major, hometown, hobbies and interests. Please note that we cannot guarantee an exact match in any one particular area.

Once a match has been made, the Alumni Association office will provide the mentor and student with each other's contact information. We encourage matches to contact each other as soon as possible.

If there are no mentors available at the time that you sign up, we will hold your information for the next available mentor who matches your survey results.

# What is a Mentor?

**A Role Model** who:

- Provides an example to emulate
- Expands the student's perspective on life

**A Motivator** who:

- Helps the student acquire information and skills that will prove integral for success at SIUE and beyond
- Participates with the student in learning new things
- Encourages the student to try new things

**A Supporter** who:

- Helps build the student's self-esteem
- Conveys a sincere personal interest in the well-being of the student
- Listens to the student's ideas and concerns
- Expresses belief and confidence in the student's abilities

**A Resource** who:

- Introduces the student to new people, places, interests and ideas

**A Challenger** who:

- Encourages the student to set goals and develop a plan of action to reach them
- Challenges the student to succeed and try things on his or her own
- Encourages the student to engage in increasingly complex activities

While mentors serve a variety of roles in a student's life, a mentor cannot do or be everything. Mentors work in conjunction with student and academic services staff at the University. There are limits to what a mentoring relationship can do for the student and mentor. Both parties must work at the relationship to make it successful. It will not just happen. A good mentoring relationship takes time, so do not expect it to happen overnight.

A mentor is a guide, a friend, a resource who successfully navigated the ins and outs of SIUE – rose to the challenge and reaped the rewards of graduating. Alumni mentors use their SIUE education and experience to help pave the way for success at SIUE and beyond for current students, and derive satisfaction from helping others succeed.

**What a Mentor is NOT**

- A coach or personal trainer
- A tutor or proofreader
- A supervisor
- A parent or disciplinarian
- A counselor or therapist
- A “reference book”

# Expectations & Guidelines

## Eligibility

All SIUE undergraduate and graduate who are current members of STAT are eligible for this program. Participation in the mentor program is voluntary.

## Time Commitment and Meetings

The mentoring program requires a time commitment that can ultimately save valuable time as you learn to navigate your journey to graduation. You will stay connected with your mentor through face to face meetings, e-mail correspondence, phone calls, written letters or whatever forms of communication you both find convenient. We recommend that you interact with your mentor a minimum of one to two times a month. You and your mentor may also consider options such as job shadowing, accompaniment to professional events or similar activities.

## Mentoring

The basic objective of mentoring is to encourage and assist in the development and growth of a student. Each mentoring relationship will be different because of the student's development level, the student's needs, his or her personal interests and a mentor's strengths and talents. A mentor can provide a wide variety of assistance to students. It is critical that students let their mentors know the areas in which they need guidance.

Good mentoring relationships are those that provide opportunities for the student to learn, grow and feel supported. Aside from giving information, strong mentors often both support and challenge. Mentors are helpers, but they are not assurers of success. Remember, a mentor is there to guide and support you, and to encourage your independence and self-reliance.

# How to Make Mentoring Work For You

## Benefits of Having a Mentor

- An opportunity to expand your view of SIUE
- Introduction to positive role models who have gone through similar experiences
- Friendship and guidance
- An outlet to discuss concerns
- A successful and productive experience at SIUE

## Responsibilities of Student Participants

- Sincere interest in developing a personal and professional relationship that supports your efforts towards graduation
- Commitment to have regular contact with your mentor
- Willingness to take responsibility for your own growth and success
- Willingness to attend SIUE Alumni Association and STAT events and to schedule recommended activities which support your mentoring relationship

## Getting Started

Once a match has been made and the information is sent to each participant, both parties are asked to contact one another as soon as possible. Your initial meeting or phone call should be kept friendly and light – the goal is to have both parties be at ease with each other. It should not be a “goal setting/problem solving” session. This is the time to get to know about each other, significant events or people in each other’s life, likes, dislikes and interests.

At the end of the meeting, conversation or e-mail exchange, be sure to make arrangements for the next contact you will have with each other, at which time you should discuss in more detail what each person, especially the student, hopes to gain from the relationship, and try to establish a contact schedule.

Here are some questions to think about as you prepare for initial contact with your mentor:

- *What are some things I should tell my mentor about myself that would help us get to know each other? What about me and my life story might be interesting and relevant to this person?*
- *What do I want to gain from the mentoring relationship – what are my hope and goals?*

## Activity Ideas

As you work with your mentor, you can develop your own ideas for activities or take advantage of the suggestions listed here:

- Invite your mentor to an academic lecture on a topic related to your major.
- Socialize with other mentor-student pairs.
- Have lunch or dinner at a local restaurant or on campus.
- Attend a campus theater performance or a sporting event together.
- Attend a SIUE Alumni Association or STAT event.
- Volunteer a few hours to help at a campus or community-organized event.
- Do something fun and social with your mentor!

## Troubleshooting: What to do when...

- *You are having trouble contacting your mentor* – Try all methods of communication that have been provided to you (phone, e-mail, etc.) If you still have no response, contact the Alumni Association office to verify your mentor's information or have a staff member contact the mentor on your behalf.
- *Your mentor seems disinterested* – Please do not get discouraged! It could be that your mentor is very busy with work or his/her personal life at the moment. Sometimes a few months of gentle reminders that you are there and are interested is all that it takes for a mentor to get back on track with consistent contact.
- *You feel the relationship is not working* – We ask that all our students and mentors give the relationship a full year to develop. Oftentimes it takes longer than expected for a mentor and student to become relaxed with one another and really start to benefit from the relationship. If you are having specific problems with your mentor, please contact the Alumni Association office for further assistance.

## Relationship Check-up

Instructions: This worksheet is intended for you to complete and share with your mentor after you have been working together for approximately 3-4 months. It's time to do a "check-up" if you have already completed goal-setting and have gotten to know each other reasonably well. You can also use this worksheet when things get rocky and you feel some honest mutual feedback might help.

My mentor and I have been meeting and/or conversing for \_\_\_\_\_ (amount of time)

I feel we have established enough trust between us that we can work well together.

Yes       No       Not Sure

If he/she's upset or unhappy with me or our relationship, I'm confident my mentor would talk to me about what's going on.

Strongly Agree     Agree     Don't Know     Disagree     Strongly Disagree

If I were upset or unhappy with my mentor or our relationship, I would feel comfortable talking with my mentor about what's going on.

Strongly Agree     Agree     Don't Know     Disagree     Strongly Disagree

I feel we've made real headway in helping me set goals and take steps to implement them.

Strongly Agree     Agree     Don't Know     Disagree     Strongly Disagree

Three Things I feel are going great in our mentoring relationship are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

One thing I wish I could change about how we interact with each other is...

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## **STAT Alumni Mentor Program**

### **Student Profile**

**First, Middle and Last Name:**

**Banner ID Number:**

**Major and Expected Graduation Date:**

**Career Interest/Goal:**

**Current Mailing Address:**

**Permanent Mailing Address:**

**Phone:**

**E-mail Address:**

Do you authorize the Alumni Association to release your address and phone number to your mentor so that he or she can contact you?

Yes          No

Would you prefer a female or male mentor, or do you have a preference

Female          Male          No Preference

Where did you attend high school?

Do you participate in any clubs, activities or sports at SIUE? If so, which ones?

What do you wish to accomplish by participating in the STAT mentor program?

What are you looking for in a mentor?

Do you have any special interests or hobbies that you would like to share with your mentor?

Would you like to provide any other information that would assist us in making a good match?

After you have completed the profile, please send it to:

STAT  
C/O SIUE Alumni Association  
Campus Box 1031  
Edwardsville, IL 62026-1031

Fax: 618-650-3694

If you have any questions or would like more information regarding the mentor program, please contact:

Steve Jankowski, Director, Alumni Affairs  
618-650-2346 sjankow@siue.edu

Katie Bennett, Assistant Director, Alumni Affairs  
618-650-2762 kabenne@siue.edu

**You can also complete the survey online at [www.siue.edu/alumni/stat](http://www.siue.edu/alumni/stat)**