

What Is a Mentor?

The mentor is a wise and trusted friend who guides the personal and professional development of another individual. The mentor is understanding, motivating, and enhances the student's vision of accomplishment. As a key member of the student's support system, the mentor:

BOOSTS SELF-ESTEEM

- Believes in the student
- Renews the student's self-confidence

UNDERSTANDS THE STUDENT'S DREAM AND ENHANCES THE STUDENT'S VISION

- Believes the student's dream is worthwhile
- Helps the student expand his/her horizons
- Encourages the student to have a "think big" perspective
- May help the student map out a plan of action to attain his/her goals

PROVIDES SUPPORT

- Supports the student's efforts
- Alerts the student to blind alleys and obstacles

COMMUNICATES

- Encourages the student to achieve the goals he/she has established
- Gives the student opportunities to assume additional responsibilities

SERVES AS A ROLE MODEL

- Exemplifies professional ethics and behavior
- Stresses the value of confidentiality
- Displays ethnic and cultural pride
- Expresses a positive attitude toward work and the community

GROSSMONT COLLEGE ECS—UMOJA MENTOR CONTRACT

Dear Potential Mentor:

As an ECS—Umoja Program Mentor, I _____ will:

- Commit for one academic year (Mentors may continue the relationship after the year with their Mentee until the student graduates and/or transfers from Grossmont College).
- Meet with my Mentee at least twice a month (except Summer sessions) to discuss academic, career and personal goals.
- Maintain confidentiality.
- Take initiative and establish ongoing meetings with Mentee.
- Explore career opportunities and job opportunities for Mentee.
- Contact the Umoja Coordinator regarding program questions.
- Meet with coordinator twice a month for follow up and progress reports regarding Mentee.

Please complete this form below and return to (James Canady, Umoja Coordinator).

Thank you,

James Canady, M.S.
General Counselor
Umoja Coordinator
(619) 644-7223
james.canady@gcccd.edu

I would be interested in mentoring a new ECS—Umoja student.

I prefer a:

MALE _____

FEMALE _____

Does Not Matter _____

Please Print Clearly:

Last Name, First: _____ Date: _____

Primary Phone#: _____

E-Mail: _____

General Guideline for ECS—Umoja Mentors

- ❖ Meet with your mentee at least twice a month during the Fall and Spring academic semester.
- ❖ Depending on reason, need, request from Mentor or Mentee meetings can last from five to thirty minutes or the time needed based on availability of Mentor and Mentee.
- ❖ Discuss academic, professional and/or personal development, related matters with your mentee.
- ❖ Do not disclose confidential information.
- ❖ Be available. Be available. Be available.
- ❖ When in doubt contact Coordinator.
- ❖ **DO NOT** attempt to handle situations for which you are not qualified.
- ❖ Stay in contact with your Mentee on a weekly basis.
- ❖ Periodically, critique the effectiveness of your own listening skills.
- ❖ Find out about career opportunities and job outlooks for your Mentee.
- ❖ Ask your fellow Mentors what worked for them.
- ❖ **DO NOT** assume that you have failed as a Mentor if your Mentee does not respond to you, or he/she leaves school.

Mentor Requirements:

- Agree to comply with ECS—Umoja's contract.
- Maintain cumulative and semester GPA of 2.5 at Grossmont College.
- Completion of at least 12 units at Grossmont College.
- Minimum of (6) available volunteer hours a month.
- Must demonstrate teamwork.
- Must demonstrate excellent written and verbal communication skills.
- Must express interest in helping others and in developing leadership skills.
- Must attend monthly group Mentor/Mentee meeting.
- Must keep journal of communication and meetings between Mentor and Mentee.

Benefits of Becoming a Mentor:

- Certificate of Achievement upon completion of term
- Award ceremony
- Letter of recommendation
- Good for job/college applications
- Enhances leadership skills