

Initial Contact & Pre-Arrival Support – August 28-September 4

GOAL: Once you receive your mentee’s information, you will reach out by e-mail to offer support and information. This will be an opportunity for you to introduce yourself, explain your role, and help your mentee feel connected to the university prior to the start of the term. The goal will be for your mentee to recognize you as their mentor, to clarify pre-arrival questions and concerns, and for the two of you to schedule your first face to face meeting.

| Email Content | Prompts & Discussion Questions | Helpful Resources |
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| <p>This will be your first time connecting with each mentee. Here are some guidelines for your first email communication:</p> <ul style="list-style-type: none"> • Use your Carleton email to contact your mentee for them to recognize your affiliation to the university. • Be prompt in contacting each mentee <i>individually</i> after receiving their contact information. • Reply to their email within 48 hours. • Be mindful of their internet access. <p><i>First email content</i> Begin your email with a brief introduction – your program, years at Carleton, favorite things about Ottawa and the university, etc. Explain the role of mentor briefly. Ask questions to prompt a response. Some of the questions in the adjacent box may help encourage a good initial dialogue.</p> <p><i>Scheduling your first meeting</i> Suggest a casual meeting – coffee, lunch, or an activity based on what your mentee may need (going to Walmart for example). See the training manual for meeting suggestions. This initial meeting could be a great opportunity to have all your mentees meet together, however ask each mentee beforehand if they would prefer a one on one meeting to begin with.</p> <p><i>International orientation & transition support</i> Take the time to familiarize yourself with the applicable international orientation dates and transition support programs, as well as other campus support programs for you to share the information with your mentees.</p> | <p>Transition Support Programs:</p> <ul style="list-style-type: none"> • Airport Welcome Program • International Undergrad Student Orientation • International Graduate Student Orientation • Exchange & Study Abroad Orientation • Pre-arrival videos <p>Where are you from/currently living?</p> <p>Have you been in Canada before?</p> <p>What do you already know about Carleton and Canada? Do you have any initial questions?</p> <p>When are you planning to arrive in Ottawa?</p> <p>Do you already have a place to live?</p> <p>Did you register in courses already?</p> <p>Have you registered for the orientation programs applicable to you?</p> <p>What are you looking forward to seeing in Ottawa?</p> <p>Do you have family arriving with you in Canada or are you traveling alone?</p> <p>Are there things that you will need to shop for shortly after arriving in Ottawa?</p> <p>What are your areas of interest?</p> <p>Suggest that they ask any other questions they may have about their arrival.</p> <p>Share your arrival experiences if applicable – remember to remain positive and professional!</p> | <p>ISSO Pre-Arrival information http://carleton.ca/isso/arrival-checklist/</p> <p>Start Guide http://start.carleton.ca/</p> <p>Carleton Central and course registration* https://central.carleton.ca/prod/twbkwbis.P_WWLogin</p> <p>*Exchange and study abroad students should visit the ISSO for course registration inquiries.</p> <p>International Student Pre-Arrival Videos http://carleton.ca/isso/arrival-checklist/pre-arrival-videos/</p> <p>International Orientation Programs http://carleton.ca/isso/new-students/orientation-2/</p> <p>Airport Welcome Program http://carleton.ca/isso/arrival-checklist/airport-pick-up-program/</p> <p>General Grad Orientation http://gradstudents.carleton.ca/new-grad-students/orientation/</p> <p>General Fall Orientation for Undergrad & Exchange http://carleton.ca/fallorientation/</p> <p>City of Ottawa website http://ottawa.ca/en</p> |

Week 1: Learning the Ropes – September 5-11

GOAL: The goal of this week is to start the process of helping the student adjust to their surroundings and introduce them to the Carleton atmosphere. Students new to Canada are likely to have never been in Ottawa and Carleton before and therefore this week is focused on showing them where things are located, options for involvement to make the experience great and encouraging them to make meaningful connections with other students.

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| <p>This week you will have your first face to face meeting with your mentees. Your first meeting will set the tone for future meetings – remember to let your mentees set the direction of the conversation, however rely on the prompts to help you set a rhythm if needed.</p> <p><i>Learn about each other</i> Spend some time getting to know each other and start to build a foundation of respect for your mentorship relationship - set clear boundaries for future methods of communication, respect for your time, etc. Check out the resources sections for some meeting conversation prompts to bring with you.</p> <p>If a mentee requested an initial one on one meeting, explain the benefits of meeting as a group with all of your mentees next time.</p> <p><i>Campus Tour: Tailored to your group's needs</i> Tory Building (SEO office, SEO HUB, Registrar's Office, FGPA) University Centre (Campus Card office, PMC, bookstore, ISSO, CUSA, GSA) ISSO – 1st Floor – Ensure to show them this space Library (Study Spaces, Quiet Floor, Discovery Centre, 5th Floor Graduate Study Space & Research Assistance) CTTC (Health and Counselling, Pharmacy) Athletics (Ice House, Gym, Open Rec areas) Roberston Hall (Admissions, Student Accounts, Awards and Financial Aid, Equity) Your Favourite Study Space Bank Machines, Coffee Shops, etc.</p> <p><i>Attend Expo Carleton</i> Another great option is to attend Expo Carleton so that they can meet other students and see what Carleton has to offer for involvement opportunities.</p> <p>You can also rely on the orientation and September events schedule to suggest activities and resources for your mentees to take advantage of.</p> | <p>Where are you from? Tell me about where you come from.</p> <p>Have you noticed any big differences between Canada and where you come from?</p> <p>What has been your favorite thing about Ottawa/Canada/Carleton so far?</p> <p>Is this your first time studying abroad?</p> <p>What and who are you missing from home?</p> <p>What classes are you enrolled in?</p> <p>How did your expectations for first week of classes compare to reality?</p> <p>Do you understand your professors' expectations?</p> <p>Have you attended your first class yet? How did it go? Was it what you expected? Why or why not?</p> <p>Did you/are you attending the international student orientation applicable to you?</p> <p>If student missed their international orientation – are you planning to attend the late arrival orientation?</p> <p>What do you usually do for fun?</p> <p>What are your interests and are you thinking of joining any clubs/teams/organizations on campus or off-campus?</p> <p>Are you participating in other orientation programs – Fall O, Grad, etc.? What activities/sessions have you enjoyed or found useful?</p> <p>Do you know where to go for help?</p> <p>Share your experiences too to get to know each other, remember to remain professional.</p> <p>Clarify their expectations of your role.</p> <p>Schedule your next meeting.</p> | <p>http://carleton.ca/mentoring</p> <p>CuLearn training information</p> <p>Make reference to the handouts included in their international orientation package.</p> <p>International Student - Current Services http://carleton.ca/isso/services-for-current-students/</p> <p>Visit the ISSO - Room 128UC and online at http://carleton.ca/isso/</p> <p>Social and Cultural Activities http://carleton.ca/isso/events/ & https://carleton.ca/cab/</p> |

Week 2: Connecting to Carleton – September 12-18

GOAL: The goal of the second week is to further their feeling of connectedness to Carleton, their sense of belonging and their comfort level navigating Ottawa. Students who have a greater sense of belonging in university are more likely to persist. It is important to take into account each mentee's individual needs, take some time showing them more opportunities to get involved, some places on campus that they can go that are typical of the Carleton experience, and talk openly about their adjustment. These strategies will allow students to feel more comfortable opening up and accepting you as part of their new support system.

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| <p>This is your second meeting with your mentee. Start your conversation by talking about the connection they feel to Carleton so far. This is a good week to potentially meet with your mentees as a group if you did not already do so in week 1.</p> <p>Plan to meet in a new area you have yet to explore, and encourage them to reflect on their experience in Canada so far.</p> <p><i>Getting Involved</i></p> <p>Share with them how getting involved on campus can enhance your university education.</p> <p>Talk about options for clubs and societies that may be of interest or specific events and programs that are available.</p> <p>Review the CCR/Grad Navigate – explain how these tools can be useful at Carleton. Bring a copy of yours to show them how it works.</p> <p>Focus on getting a clear understanding of what motivates each of your mentees and how they see themselves getting involved - clubs and societies, intramurals and sports leagues, student committees, professional development opportunities, social and cultural events, Carleton serves and other service learning experiences, etc.</p> <p><i>Places and Spaces</i></p> <p>Show them a new place on campus where you can meet people or where social gatherings often take place such as the Raven's Roost in Residence, Roosters in the University Centre, or the Mentorship Lounge in the Tory tunnel.</p> <p><i>Adjusting to a New Lifestyle</i></p> <p>Discuss the Mentee's living situation, whether on or off-campus. If the Mentee is living in residence, brainstorm ways they can foster a good relationship with their roommate(s). If the Mentee is living off-campus, brainstorm ways to make their off-campus situation work best for them (e.g. discuss transportation).</p> <p>During your meeting, talk about your mentees' connection to Carleton (services, faculty, and program) and their social and cultural experiences adjusting to life in Ottawa (culture shock).</p> <p><i>Culture Shock</i></p> <p>Ask leading questions to help your mentees reflect and share with each other what cultural differences they may be experiencing - academically and socially – and how they are coping with them.</p> <p>Take the time to learn more about where each of your mentees come from – this will help put the cross-cultural difficulties they may be experiencing into context.</p> | <p>Do you still have anything to take care of or pending (find a place to live, get a cellphone, set up utilities, change courses, etc.)?</p> <p>Did you notice any differences between Carleton and your home/previous institution/high school?</p> <p>Were you involved in any activities in your previous academic experience?</p> <p>Do you see yourself doing something similar or different here?</p> <p>How has your experience compared with what you had expected?</p> <p>Have you heard about the CCR/Grad Navigate?</p> <p>Have you made any friendships – do you have plans to meet or do something together?</p> <p>Are you planning to find a job? What options are available on campus for jobs?</p> <p>Have you experienced any challenges in the last week?</p> <p>Have you attended any on campus events – ISSO, GSA, CAB?</p> <p>What do you like most about your own culture?</p> <p>Is there anything that has surprised you about Ottawa/Canada?</p> <p>Have you met people from different cultures? Has anything surprised you?</p> <p>Are you finding your way around or to campus okay?</p> <p>How are you adjusting to your new time table and scheduling your own time?</p> <p>Do you have any questions about what has happened so far?</p> <p>Set up a time for your next meeting.</p> | <p>ISSO News & Events http://carleton.ca/isso/events/</p> <p>ISSO Immigration Support http://carleton.ca/isso/immigration-support-2/</p> <p>UHIP http://carleton.ca/isso/uhip/</p> <p>Legal Clinic https://commonlaw.uottawa.ca/community-legal-clinic/</p> <p>Health and Counselling Services http://carleton.ca/health/</p> <p>Co-curricular Record http://carleton.ca/ccr</p> <p>Campus Activity Board http://carleton.ca/cab</p> <p>Student Experience Office http://carleton.ca/seo http://carleton.ca/seo/community-service-learning/</p> <p>Residence Life Services http://housing.carleton.ca/events</p> <p>Clubs and Societies http://cusaonline.ca/clubs/</p> <p>Career Services http://carleton.ca/career/jobposting/sinfo/</p> |

Week 3: Getting on the right track – September 19-25

GOAL: The goal of the third week is to talk about strategies for success. By this point in the semester students would have attended all their classes and tutorials and will be starting the implementation of their study plans and habits in order to ensure they can succeed this year. By talking openly about strategies for success, students will be able to identify their individual needs and will help you connect them more intentionally with resources. At this point in the semester students are faced with potential first assignments, budgeting and financial constraints, isolation – post orientation disorientation, etc.

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| <p>This is your third meeting with your mentee. The goal of this week is to talk about strategies to get on the right track academically and financially. It should take place one on one.</p> <p><i>Academic Dates and Deadlines</i> Share with your mentee the importance of connecting with an academic advisor (as well as a departmental advisor) early on, and seeking out support before it is too late. Review dates and deadlines for adding/dropping classes, withdrawal policies, etc. Show them where Haven’s Books, the bookstore or other local bookstores are in the area so that they can be prepared with their class materials. Picking up a free agenda from CUSA or GSA is also a good idea. Talk about the importance of engaging in classes. Ask your mentee if they have had any struggles with this so far, and see where their comfort level is with participating in large classroom settings, as this can be a barrier for success in university.</p> <p><i>Academic Culture</i> In connecting with your mentees remember that students new to the Canadian academic system may face challenges meeting the expectations set in our courses. Challenges may include class participation, independent learning, time management, etc. Keep in mind that these differences will be compounded for those studying in a new language. (Reflect back to your training and normalize their experiences)</p> <p>Encourage your mentee to register for Academic support service sessions as well as social and cultural experiences through the ISSO – Health and Wellness soup luncheons, Thanksgiving Exchange, cultural outings in the city, etc.</p> <p><i>Financial Support</i> If you have a mentee experiencing financial difficulties, keep in mind that there are no major sources of funding for international students locally. However, students can apply for awards or bursaries at different points during the year to help. Budgeting is an important topic to discuss if applicable, to help your mentees stay on track. Make use of the sample budget available on the ISSO website.</p> <p><i>Tools for success</i> Talk about having a plan for success and using tools to help you achieve them. Talk about goal setting strategies, academic supports, budgeting workshops, professor’s office hours and other resources listed in the tools for success resource.</p> | <p>Have you reviewed your course outlines/syllabi? Do you need help doing this?</p> <p>Do you know when all your dates and deadlines for assignments and exams are?</p> <p>Do you know how you are getting graded in each course?</p> <p>Are you finding anything different or challenging in any of your classes?</p> <p>Are your professors easy to understand?</p> <p>Have you been able to do all of your readings? How much time is it taking you to do a reading?</p> <p>How do you plan to stay organized this semesters?</p> <p>Encourage the use of a calendar or agenda to keep track of important academic deadlines – free CUSA or GSA agendas.</p> <p>Are you keeping in touch with any friends/family from back home? How often are you in touch?</p> <p>Are you following a monthly and yearly budget?</p> <p>Where you getting groceries from and what are you typically eating?</p> <p>Are you finding things you like to eat on campus/off campus?</p> <p>Have you purchased all your required school supplies, textbooks/course materials?</p> <p>Set up a time for a next meeting.</p> | <p>Co-curricular Books – purchasing vs. renting vs. borrowing http://library.carleton.ca and http://carleton.bkstr.com</p> <p>Registrar’s Office Dates and Deadlines http://carleton.ca/registrar/registrar/dates-and-deadlines/</p> <p>Awards and Financial Aid http://carleton.ca/awards</p> <p>Budgeting resources in the Mentorship Lounge</p> <p>ISSO money management and Scholarships: http://carleton.ca/isso/services-for-current-students/money-matters/</p> <p>Food Centre http://www.cusaonline.ca/services/servicecentres/foodcentre/</p> |

Week 4: Preparing for Success – September 26 – October 2

GOAL: The goal of this week is to further prepare your mentees for success on campus by showing them how to seek out their own resources. Talking more in depth about academic supports available, preparing for exams and encouraging them to reflect on what has worked well and what has not this term will help better prepare them to succeed as they approach their first University deadlines. By equipping them with even more tools they can use to succeed academically, you are allowing them to guide their own academic and personal journey at Carleton and continuing to strengthen your mentorship relationship by celebrating their accomplishments and providing the necessary tools along the way.

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| <p>This is your fourth meeting with your mentee. As you get to know your mentees better, you will be in a position to understand their goals and objectives more in depth. Use this knowledge to continue building their skills set navigating Carleton and Canada.</p> <p><i>Planning for Course Deadlines</i> Ask questions to help you understand your mentees academic cultural baggage, how they prepare for exams and assignments, and any anxieties that they may be experiencing around upcoming deadlines. Use this knowledge to help brainstorm and provide guidance helping your mentees develop an action plan.</p> <p>Talk about their plan for preparing for their first set of midterms/assignments. Guide them towards seeking the appropriate academic advising and support services. Review how to get an appointment or what the walk-in hours are.</p> <p><i>Positive Study Habits</i> Discuss attending LSS workshops for study skills, or time management. As well, encourage them to use other program and level specific support programs such as PASS sessions, Grad Navigate workshops, Writing Boot Camps, and so on. Suggest forming study groups with other students in their classes – this is a great way to meet new people and prepare for an academically successful term.</p> <p><i>Encourage reflection</i> Ask your mentee what has been the hardest part of adjusting to classes and academic habits. Ask your mentee what has been successful for them in the past and if these strategies have been helpful this year. Encourage them to reflect on if they have kept up their habits from their previous academic institution (whether it be high school, another university, or college), or if they have let them slide.</p> <p>Talk about the importance of enjoyment of classes and ask them if their program has been a good fit for them so far.</p> | <p>Have you felt homesick recently?</p> <p>What have you done for fun since we last met/spoke?</p> <p>Do you have a friend that you can make plans with?</p> <p>What do you do when you take breaks from studying?</p> <p>Have you been able to keep up with your course work?</p> <p>What assignments/deadlines do you have coming up?</p> <p>What marks are you aiming to get in those assignments?</p> <p>Is there any content that you need to review more to fully understand?</p> <p>Do you understand how you will be marked/what is expected of you in your assignments?</p> <p>Have you met with your professors to discuss the assignments?</p> <p>What classes are you enjoying the most?</p> <p>What is your biggest challenge right now? Let's brainstorm a way to overcome it</p> <p>ASB Applications are coming up soon, is this something you may be interested in?</p> <p>Set up a time for your next meeting.</p> | <p>Co-curricular Books – Refer to the Academic Support Services handout</p> <p>Refer to the Language Support Services handout</p> <p>Refer to the Graduate Student referral guide</p> <p>SASC http://carleton.ca/sasc/advisingcentre</p> <p>LSS Workshops and Tips http://carleton.ca/lss/</p> <p>WTS http://carleton.ca/sasc/writing-tutorial-service/</p> <p>PASC http://carleton.ca/sasc/peer-assisted-study-sessions/</p> <p>Subject Support Tutor http://carleton.ca/sasc/subject-support-tutor/</p> |

Week 5: Health and Wellness – October 3-9

GOAL: The goal of this week is to focus on health and wellness. Students at this time of year can sometimes forget or ignore the importance of taking care of yourself and balancing academics with social aspects of University. University is a holistic experience, and this week brings the focus on their personal wellbeing as a way to encourage self-reflection and the improvement of healthy living strategies. As an upper year student, being able to model the way for how this has helped you succeed in your academic life will be key in continuing the rapport you have built in your mentorship relationship.

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| <p>This is your fifth meeting with your mentee. Use your rapport with your mentees to determine how mindful they are being of their own health and wellness – if they are struggling to stay on track, what are they struggling with, or if they are being successful, what they are doing to stay on track.</p> <p>Talk about the importance of taking care of yourself during this stressful time. Let them know that support is available and that you are there for them</p> <p><i>Homesickness and Culture Shock</i> Culture shock is a barrier that prevents individuals from taking care of themselves. Those experiencing culture shock need to take intentional steps to get better, but at times it is difficult recognizing the signs in yourself. Help your mentee self-reflect and identify changes in their personality and habits. Remember that everyone experiences culture shock differently!</p> <p><i>Healthy Eating</i> Food is a factor in students feeling homesick. Many international students struggle finding food options on campus and in Ottawa. This is particularly difficult for students with dietary restrictions. Another challenge for students without a meal plan is being able to afford healthy food options, or students living in residence to adjust to the options they provide. Talk about how eating healthy can change your attitude and outlook on situations and how it can be a positive contributor to academic success.</p> <p><i>On campus fitness options</i> Take the time to understand if staying fit is important to your mentee and how they would have stayed fit back home. Take the time to introduce the many on-campus fitness options such as going to the gym, swimming, fitness classes, etc. You could even use this meeting as a chance to attend an open rec session together.</p> <p><i>Relaxation Techniques</i> Discuss ways to relax and services which are offered on campus, like therapy animals during exams or if they live in residence the meditation station in Renfrew House. Refer them to any of the relaxation and stress management resources listed in your binder. These options can be of great use to someone who is having a hard time with the stressors of University.</p> <p><i>Stress Management</i> Discuss the student’s stress management. Talk about strategies they use to keep themselves on top of their work, and what they do to juggle their many responsibilities. If they do not have any, talk about some options with them such as creating a calendar, using an agenda, or anything else in the resource in your binder.</p> <p>Connect your mentee with professional staff at the ISSO and Health & Counselling for more support</p> | <p>When was the last time you were in touch with family and friends from back home?</p> <p>Have you found food that you enjoy on or off campus?</p> <p>Tell me more about the friends you have met on campus?</p> <p>Is the social culture (e.g., the drinking culture) in Canada different from home?</p> <p>Have you found ways to pursue your favorite hobbies in Ottawa?</p> <p>How many hours are you sleeping and in what schedule? Have you started to fully adjust to the time differences?</p> <p>When was the last time you did something for fun?</p> <p>What have you been doing to destress? Is this what you would have normally do back home?</p> <p>Is there something causing you stress right now?</p> <p>What are some of the things they have found most difficult this semester so far?</p> <p>What have they enjoyed the most?</p> <p>What are some resources they have used or found helpful?</p> <p>How is participating in fitness options on campus going to help you succeed at Carleton?</p> <p>What are some strategies you can use to manage your time and stress this term?</p> <p>What do you find the hardest to accomplish and how can we make it more enjoyable?</p> | <p>Dietician in Residence http://dining.carleton.ca/nutrition/dietitian/ http://dining.carleton.ca/nutrition/</p> <p>Meal Calculator http://carleton.campusdish.com/Commerce/Catalog/Menus.aspx?LocationId=5087</p> <p>Open Fitness Programs http://athletics.carleton.ca/fitness/</p> <p>Wellbeing resources http://carleton.ca/thrive/well-being-resources/</p> <p>ISSO Health & Wellness Luncheons</p> |

Week 6: Reflecting & Next Steps – October 10- 16

GOAL: The goal of this week is to reflect on your mentoring relationship and to focus on helping your mentees reflect and identify their own skills and growth. Students at this point in the year are just about to head into their first round of midterms, start their Fall Reading Week break, or are contemplating their status as a student at Carleton. Opening up the conversation as their mentor about what has gone well, recognizing their achievements, and allowing them to be vulnerable in identifying what did not go as planned, will not only encourage them to see the value in the program, but also in all the work that they have done so far this year. This week will mark a change in your mentorship relationships as you will move on to support your mentees on an as needed basis after this week - reinforce your mentees' successes, highlight the elements of their support network, and set the boundaries for the next stage of your mentoring relationship.

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| <p>This is your sixth meeting with your mentees. The goal is to reflect on what you have accomplished together.</p> <p>It is required to hold both one on one meetings to address individual concerns, however one big social outing with all of your mentees to celebrate getting to this point in the semester is also a great idea.</p> <p>Remind them about Reading Week, and share any stories or guidance that you feel necessary</p> <p>Your mentorship relationship has focused on helping your mentee navigate their new environment – academic, social, and cultural. This will be a great opportunity to reassert their goals, strengths, areas of improvement, achievements, etc.</p> <p><i>Resources</i></p> <p>Recap some of the resources that you have talked about together and discuss if they were helpful for your mentee or not. Discuss alternatives if necessary</p> <p><i>What went well this term?</i></p> <p>Talk about what they have accomplished in just 6 weeks: friends they have met, clubs they have joined, grades they have received, etc. It may be a different conversation with each mentee.</p> <p>Recognize their achievements and successes.</p> <p><i>What could be improved for the rest of their year at Carleton?</i></p> <p>Talk about strategies they want to continue or skills they want to build upon. Discuss how they can improve or change their approach to continue to improve.</p> <p>Does your mentee feel confident that they will be successful this year? If not, what resources can you connect them with?</p> <p><i>Next Steps</i></p> <p>As an international student mentor you will continue to be a resource for your mentees on an as needed basis. Meaning that your mentees may still reach out to you to ask you questions, or to be pointed in the right direction. Use some time to establish the expectations and boundaries of this next stage of your mentorship relationship.</p> <p>Discuss future leadership opportunities for your mentee such as becoming a mentor or Fall O facilitator, or even just attending the SOAR leadership conference.</p> | <p>What was your experience with culture shock – did you experience it and did you overcome it?</p> <p>What do you do to feel better when homesick?</p> <p>Do you feel you have a good group of friends?</p> <p>Have you found having a mentor helpful? Is there something I can clarify or help you with at the moment?</p> <p>What resources have you used – have you found them helpful?</p> <p>What has been your best experience here so far?</p> <p>What are your expectations of our mentorship relationship moving forward?</p> <p>Do you see yourself connecting with the other mentees in the group for support?</p> <p>What are your personal and academic objectives for the rest of the term? Do you feel on track to meet them?</p> <p>What will our relationship look like after FYC is over? Do they want to continue to stay in touch with you?</p> <p>Set up a time for your next meeting if that is what you've established will be part of your mentoring relationship moving forward.</p> <p>Remind them to fill out their evaluation form that will be sent to them via email</p> | <p>ISSO monthly events calendar</p> <p>CAB events</p> <p>Resources guide in your mentor binder</p> <p>www.Carleton.ca/mentoring</p> <p>www.Carleton.ca/seo</p> |

Post Program Support – October 17 & Onward

GOAL: After the 6 weeks of First Year Connections is complete, you will have the opportunity to work with each mentee and decide what your relationship will look like post-program. Each mentee may need something different from you during this time. The goal is to provide support in whatever way they need, keeping your program coordinator in the loop about the expectations they have of you. Offering support in this way empowers your mentees to take control of their experience and self-identify how having a mentor has impacted their experience in a positive way during their transition.

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| <p>Each time you meet with a mentee from this point forward will be unique to each individual. Remember to focus on their experience and allow them the space to set the tone of each meeting.</p> <p>Things to think about include:</p> <ul style="list-style-type: none"> • How often will you meet? • Where will you meet? • Where is the boundary for how much is too much support? • Making referrals to avoid burning out as their mentor | <p>Things to consider checking in with your mentees about during meetings include:</p> <ul style="list-style-type: none"> • Classes • Course load • Resources they have used • Resources they may need • Mental health and wellness • Adjustments to Canada and Carleton | <p>ISSO Website</p> <p>Training manual resources</p> <p>Your program coordinator</p> |