

Guidebook

Program Information
Peer Mentors
Mentees
Resources

PEER MENTOR PROGRAM *Peer-to-Peer Mentorship*

Moraine Park
Technical College



MORAINÉ PARK
TECHNICAL COLLEGE

WELCOME!

We are pleased that you have decided to join the Moraine Park Technical College Peer Mentoring Program team. This program is made available to students with support from Transition Services within Basic Education at Moraine Park Technical College. Congratulations on being a Mentor!

College is a big step for many adults, which is why we developed a Peer Mentor Program to assist prospective and first-year students in their academic planning and success. We know that students who participate in a quality Mentor program are more prepared academically and socially for challenges faced during college.

Moraine Park Technical College offers a variety of campus events and workshops that can help to promote and strengthen the relationship between the Mentor and Mentee. We expect our Mentor and Mentee teams to “plug in” to these activities together. We know that a Peer Mentor can be an important resource, as they have experience at Moraine Park Technical College and are familiar with its resources and opportunities. Mentors are seen as role-models within the College and are chosen carefully. We know that our Mentors see this role as an honor and privilege to serve others in peer-to-peer support.

During your experience, we hope to make your experience exciting, fulfilling, and successful. By the end of the semester, we hope participants will have established a sense of accomplishment.

Thank you, and welcome to the Peer Mentor Program.



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INTRODUCTION

The purpose of the Peer Mentor Program Guidebook is to describe the roles and activities and services offered by Moraine Park Technical College to students who participate in the Peer Mentor Program. Any serious prospective students to Moraine Park Technical College, Basic Education students and first-year students are eligible to participate in the program. Those who wish to participate should contact Melissa Schmidt at 920-924-6394 or mschmidt36@morainepark.edu and fill out the [Google Application Form](#).

A serious prospective student is anyone who envisions themselves entering college at Moraine Park Technical College within 1 year of entering the Peer Mentor Program.

Moraine Park Technical College MISSION STATEMENT

Preparing students for success in a diverse and globally connected world.

Peer Mentor Program MISSION STATEMENT

To offer Peer-to-Peer encouragement and support to serious prospective and first-year students in their social, academic, and cultural transition and assimilation to college, with Mentors promoting a college credential, academic success, persistence, and graduation of their Mentees.

Peer Mentor Program PURPOSE

To promote an environment at Moraine Park Technical College where potential and new students feel supported by their peers, and feel capable of academic success.

The Peer Mentor Program

Program Goals

The goals of the Peer Mentor Program are to provide academic and social assimilation to college life at Moraine Park Technical College to prospective and first-year students. Student Mentees within the program will have applied to be in the program because they either envision themselves becoming a student at Moraine Park Technical College within the year, or because they are already a first-semester student and feel that they can benefit from a Peer Mentor to help them be successful as a student.

What does a “Successful Student” look like?

- ✓ Attends all classes
- ✓ Asks questions
- ✓ Registers for the following semester on time and meets with their assigned advisor.
- ✓ Applies for Financial Aid on time and is aware of the priority dates.
- ✓ Identifies potential barriers and obtains help as soon as possible.
- ✓ Assimilates to college life, understanding what is expected from instructors, what is appropriate behavior, is socially engaged, and meets expected classroom deadlines for assignments.
- ✓ Aware of campus resources that can help when a problem arises, such as the Student Success Center, Tutoring Services, Counseling Services, Advising, Financial Aid, etc...
- ✓ Potentially becomes involved in campus groups and/or government, and the community.

The program offers a schedule of workshops that both the Mentor and Mentee are encouraged to attend together that teach study skills, positive thinking, and campus resources. There are numerous activities organized by Student Life and the Counseling Center as well as Recruiting that the Mentor and Mentee are encouraged to attend together, as schedules allow.

A calendar of events will be shared with Mentors and Mentees that offers potential academic, social, and fun college activities to attend together. This is also found under the Events Calendar on the homepage at <https://www.morainepark.edu/events/category/student-event/list/>, or at MyMPTC under the Student Life tab.

Program Participants

Any serious prospective students to Moraine Park Technical College, Basic Education students, and first-year MPTC students are eligible to participate in the program.

Benefits of Peer Mentoring

Benefits to Mentors

- ✓ Share one's knowledge and experiences
- ✓ To enhance self-esteem
- ✓ To enhance interpersonal and communication skills
- ✓ To help shape educational, leadership, career and learning goals
- ✓ To gain self-renewal
- ✓ To develop a new generation of successful advocates
- ✓ To experience a feeling of pride in seeing the Mentee learn and focus on goals
- ✓ To enjoy the feeling of being supportive
- ✓ To understand and empathize with someone who may be different than you
- ✓ To increase awareness of other cultures
- ✓ A meaningful resume entry

Benefits to Mentees

- ✓ Share one's knowledge and experiences
- ✓ To learn more about the College and the community
- ✓ To build self-esteem
- ✓ To enhance interpersonal and communication skills
- ✓ To enhance self-motivation, self-discipline, and goal setting
- ✓ To be more successful in one's academic career
- ✓ To increase awareness of other cultures
- ✓ To experience an atmosphere of professionalism, trust, and respect
- ✓ Inspiration from others who have been in similar situations
- ✓ To enhance overall learning and career aspirations

Benefits to Moraine Park Technical College

- ✓ Increased student retention
- ✓ Increased cultural awareness
- ✓ Improved instructor/student rapport
 - ✓ Improved campus climate

Program Objectives

While the Mentor/Mentee relationship is personal, the general purpose of the Mentor Program is to:

- 1. Foster a supportive educational environment.**
2. Help with personal, social, and academic skills which enable students to understand the challenges of college and enhance opportunities for academic success.
3. Motivate student engagement in all aspects of college life.
4. Foster collaboration among students, administrators, instructors, Mentors, staff, and community.
5. Conduct follow-up studies of the persistence, and success of students, including reasons for dropout.
6. Identify obstacles that may interfere with the accomplishment of the students' educational goals and meet regularly with students to review progress and make plans for future success.
7. Assist students in developing a positive self-image through feeling supported as a student, special workshops, speakers, and cultural activities.
8. Serve as a liaison between the student, instructors, and staff members when necessary.
9. Orient and direct students to support services at the College and in the Community.
10. Provide students with a support group of peers who have common situations and who help solve these challenges within a team environment.
11. Enhance student leadership skills.
12. Develop a more positive identification with the College and enable the College to develop a more caring and supportive environment for the student.

Definitions

What is Mentoring?

Mentoring consists of focused and selected activities that seek to enhance and enrich students' opportunities to successfully persist at Moraine Park Technical College. Mentoring activities link students with a caring student (Mentor) who will *listen* and understand barriers to success, and *encourage* students to utilize all resources available to achieve academic success.

What is a Mentor?

A Mentor is an experienced student who has volunteered to assist in the Peer Mentor Program because of his/her genuine interest in the educational and personal advancement of students. He/she functions as a coach, friend, and most of all a positive student role-model.

Who Can Be A Mentor?

Peer Mentors are students who have at least 12 credits earned from Moraine Park Technical College and have a 3.2 GPA or higher. They are willing to spend about 2-4 hours per week during the semester with a group of 1-3 prospective students, or first-semester students. They must meet the other Mentor criteria, as well. The time they spend with their Mentees will be planning and attending academic and social activities, and making personal contact with their assigned student(s). The Mentor will be a friend, **but more importantly a link to the college environment**, helping them to understand what it takes to be a successful student, and help them to understand the importance of furthering their education. The Mentor will be a champion of MPTC and of technical education.

What are the other qualifications to be a MPTC Mentor?

Along with having completed 12 credits with at least at 3.2, the Mentor would have taken the course College 101 with a grade of A or B. They have a faculty or staff recommendation on file. The Mentor may also be receiving Financial Aid Work Study and paid an hourly rate for their time with the Mentee(s).

What will I Learn?

Subjects Accomplished with MPTC Resources (not expected of Mentor)

- ✓ Career Assessment and Planning
- ✓ Academic Program Planning
- ✓ Academic Progress Monitoring
 - ✓ Financial Aid
 - ✓ Tutoring Services
- ✓ Personal Counseling
- ✓ Transition Services

Subjects Accomplished through Mentor Activities

- ✓ Listening skills
- ✓ Social and cultural activities
 - ✓ Sensitivity awareness
 - ✓ Self-esteem/confidence
 - ✓ Goal setting
- ✓ Communication techniques
 - ✓ College survival tips
 - ✓ Personal adjustment

Possible Subjects Accomplished Through Program Activities

- ✓ Study skills
- ✓ Test-taking skills
- ✓ Time management
- ✓ Positive thinking
- ✓ Stress management
- ✓ Cultural awareness
- ✓ Communication skills

The Role of a Mentee

Mentoring is an integral part of our retention activities and is designed to provide a satisfying experience for both the Mentor and the Mentee.

The Peer Mentor Program matches an experienced student, known as the Mentor, with a serious prospective student or first-semester student, known as a Mentee, who desires to experience a smooth transition and integration to college life.

Serving as a Mentee is voluntary, but requires specific responsibilities, to include:

- ✓ Maintain a positive attitude
- ✓ Seek advice from your Mentor
- ✓ Seek advice from your Academic Advisor or Transition Specialist
- ✓ Communicate progress and concerns with your Mentor
- ✓ Attend all classes
- ✓ Participate in activities with Mentor and other Mentees
- ✓ Communicate progress or concerns to your family
- ✓ Strive for success
- ✓ Reach out to your Mentor and let him/her know what's on your mind
- ✓ Be aware of program incentives
- ✓ Assume responsibility for your own professional growth and development
- ✓ Set goals and make an action plan to achieve those goals
- ✓ Be receptive to feedback
- ✓ Utilize campus resources

When do Mentees sign up?

Prospective and new students will be informed of the program and will have the opportunity to sign up in the beginning of each semester with the coordinator or by using the [Google Form for Mentees](#). Once they are registered as a Mentee, they will receive information about the initial meeting to meet their Mentor.

(For the Mentee)

You & Your Mentor

What will Mentors do?

- ✓ Set a good example with their behavior as a dedicated student
- ✓ Give feedback
- ✓ Encourage Mentees to take charge of their life
- ✓ Be a resource for academic and personal referrals
- ✓ Help Mentees “keep the faith” in their ability to be successful as student
- ✓ Encourage Mentees to pursue their academic goals
- ✓ Offer friendship
- ✓ Actively listen
- ✓ Help build self-confidence
- ✓ Inspire
- ✓ Share knowledge and experiences
- ✓ Offer up challenges
- ✓ Encourage professional behavior
- ✓ Be knowledgeable of MPTC resources to help a student
- ✓ Be knowledgeable of community resources to help a student
- ✓ Be a champion for the pursuit of higher education to help achieve one’s dreams

What will we do as a Mentor/Mentee TEAM?

- ✓ Participate academic and social related functions
- ✓ Attend cultural events
- ✓ Build a positive relationship
- ✓ Communicate weekly at least 2x/week
- ✓ Interact with other student Mentees is possible
- ✓ Share resources and experiences.

(For the Mentee)

8 CHOICES of SUCCESSFUL COLLEGE STUDENTS

The *On Course* textbook offers educators innovative strategies for empowering students to become active, responsible learners.

Synthesizing the best wisdom from innovators in psychology, education, business, sports, and personal effectiveness, the On Course Success Principles represent eight of the essential "things" that good learners believe and do. Founded on these timeless principles, the On Course text and the On Course Workshops give students and instructors alike a collection of practical success tools.

Successful Students...	Struggling Students...
1. ACCEPT SELF-RESPONSIBILITY, seeing themselves as the primary cause of their outcomes and experiences.	1. ...see themselves as Victims, believing that what happens to them is determined primarily by external forces such as fate, luck, and powerful others.
2. DISCOVER SELF-MOTIVATION, finding purpose in their lives by discovering personally meaningful goals and dreams.	2. ...have difficulty sustaining motivation, often feeling depressed, frustrated, and/or resentful about a lack of direction in their lives.
3. MASTER SELF-MANAGEMENT, consistently planning and taking purposeful actions in pursuit of their goals and dreams.	3. ...seldom identify specific actions needed to accomplish a desired outcome. And when they do, they tend to procrastinate.
4. EMPLOY INTERDEPENDENCE, building mutually supportive relationships that help them achieve their goals and dreams (while helping others to do the same).	4. ...are solitary, seldom requesting, even rejecting offers of assistance from those who could help.
5. GAIN SELF-AWARENESS, consciously employing behaviors, beliefs, and attitudes that keep them on course.	5. ...make important choices unconsciously, being directed by self-sabotaging habits and outdated life scripts.
6. ADOPT LIFE-LONG LEARNING, finding valuable lessons and wisdom in nearly every experience they have.	6. ...resist learning new ideas and skills, viewing learning as fearful or boring rather than as mental play.
7. DEVELOP EMOTIONAL INTELLIGENCE, effectively managing their emotions in support of their goals and dreams.	7. ...live at the mercy of strong emotions such as anger, depression, anxiety, or a need for instant gratification.
8. BELIEVE IN THEMSELVES, seeing themselves capable, lovable, and unconditionally worthy as human beings.	8. ...doubt their competence and personal value, feeling inadequate to create their desired outcomes and experiences.

Materials from, Downing, *On Course, 4th Edition*

PEER MENTOR EXPECTATIONS

I, _____ (print name), formally accept status as a Mentor in the Peer Mentoring Program for the period beginning Fall 2017 and ending December, 2017.

In accepting this appointment, I agree to fulfill all the responsibilities described in the Peer Mentoring contract. Due to the time commitment and dedication required to fulfill the duties of a Mentor, the following terms must be adhered to:

Please read carefully and initial:

- _____ As a MPTC Mentor and Leader, I promise to take seriously the Mission of encouraging positively another student in their pursuit of higher education.
- _____ I will maintain a positive student example to include upholding appropriate behavior for students, families, faculty, and staff as an MPTC Mentor and Leader.
- _____ I will be punctual to all planned Peer Mentoring activities.
- _____ I will attend at least three (3) programs on campus during in the Fall 2017 semester with my Mentee
- _____ **I will meet with my Mentee at least twice (2x) per month, face-to-face, which can include program activities or just conversation.**
- _____ **I will contact my Peer Mentee at least twice (2x) per week to check-in.**
- _____ I will check my email frequently and will respond to emails from professional staff in a timely manner.
- _____ I will participate in periodic check-ins with MPTC Mentoring program coordinator(s) throughout the semester.

Acceptance in the Peer Mentoring Program includes:

- A great way to encourage leadership skills, enhance your resume, and be a positive influence in the life of another student.
- Building a diverse support network of fellow students, staff, and faculty.
- A variety of events and programs to enhance your current student and life leadership skills.

Important Notes:

- Failure to fulfill the responsibilities on this contract may result in dismissal from the program.
- If you have any questions about participation in the program please communicate them to Melissa Schmidt at (920) 924-6394 or mschmidt36@morainepark.edu.

Your signature indicates acceptance of the terms of this contract as outlined. Welcome!

Mentor Signature

Date



PEER MENTEE EXPECTATIONS

I, _____ (print name), accept status as a Mentee in the Peer Mentoring Program at Moraine Park Technical College for the period beginning Fall 2017 and ending May, 2017.

In accepting this appointment, I agree to fulfill all the responsibilities described in the Peer Mentoring contract. Due to the time commitment and dedication required to fulfill the duties of a Mentee, the following terms must be adhered to:

Please read carefully and initial:

- _____ I will arrive to meetings with my Mentor open to the MPTC college experience.
- _____ I will maintain a positive example to include upholding appropriate behavior for students, families, faculty, and staff during Peer Mentoring activities.
- _____ I will be punctual to planned Peer Mentoring activities.
- _____ **I will attend at least three (3) programs on campus during in the Fall 2017 semester with my Mentor, which we can decide upon together as our schedules allow.**
- _____ **I will meet with my Mentor at least twice (2x) per month, face-to-face, which can include program activities or just conversation.**
- _____ **I be in contact with my Peer Mentor at least twice (2x) per week to check-in.**
- _____ I will work to explore program options, college resources, and campus activities with my Mentor, as needed.
- _____ My goal is to transition to college at MPTC, earning a certificate, technical diploma, or associate's degree.

Acceptance in the Peer Mentoring Program includes:

- A Peer Mentor who will help guide you through the transition into college life.
- Building a diverse support network of fellow students, staff, and faculty.
- A variety of events and programs for students in the Peer Mentoring Program.

Important Notes:

- Failure to fulfill the responsibilities on this contract may result in dismissal from the program.
- If you have any questions about participation in the program please communicate them to Melissa Schmidt at (920) 924-6394 or mschmidt36@morainepark.edu.

Your signature below indicates acceptance of the terms of this contract as outlined.

Mentee Signature

Date

