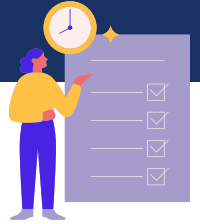


# PRE-COLLEGE OUTREACH PRESENTS

Learn how you can offer guidance and advice based on your own experiences. Share insights on academic challenges, career paths, and personal growth.

## SPRING MENTOR WORKSHOP SERIES 2026



**FRIDAY,  
JANUARY 30**

**9:00 AM  
-  
10:00 AM**

### TIME MANAGEMENT

This interactive workshop helps mentors strengthen their own time-management habits while learning effective strategies they can pass on to their mentees. In collaboration with the Rutgers Learning Centers.

**FRIDAY,  
FEBRUARY 13**

**9:00 AM  
-  
10:00 AM**

### MENTORING 101

This foundational workshop breaks down what makes a strong mentor-mentee relationship. Mentors will learn best practices, communication tips, and the key elements that lead to meaningful, impactful mentoring experiences.



**FRIDAY,  
MARCH 6**

**9:00 AM  
-  
10:00 AM**

### LEVERAGE YOUR MENTORING EXPERIENCE

Mentors will learn how to highlight their mentorship experiences on a resume and articulate the skills they've developed through the role. This session covers strong resume language, transferable skills, and strategies for showcasing leadership and service.



**FRIDAY,  
APRIL 24**

**9:00 AM  
-  
10:00 AM**

### TOOLS FOR COPING WITH STRESS

Discover the benefits of mindfulness and guided meditation as effective tools for managing stress and promoting emotional well-being. Learn practices to incorporate into your daily life and share with mentees. In collaboration with Rutgers CAPS.



## RSVP NOW!

**TILLET HALL, ROOM 204**

50 Joyce Kilmer Ave, Piscataway, NJ 08854



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