



# RUTGERS

Division of Diversity, Inclusion,  
and Community Engagement  
PRE-COLLEGE OUTREACH

# Mentor Virtual Workshops 2023-2024

**September 26**  
1:00pm-2:00pm

## Breaking the Ice- Starting a New Mentoring Relationship

Whether you're a new mentor or a new mentee—these tips on how to begin the relationship and make sure the relationship is mutually beneficial

**January 31**  
11:00am-12:00pm

## 10 Principles of Effective Mentoring

It is important for mentorship teams to meet regularly to review goals, progress, challenges, and future plans. Join to learn tips that can help have an exceptional relationship.

**October 24**  
2:00pm-3:00pm

## Goal Setting

Define your purpose for the relationship and set up goals you can achieve so that both your priorities and your mentees are met.

**February 22**  
1:00pm-2:00pm

## Access Week

Gain tips on how to best support first-generation, low-income, and other underserved student groups. This includes people with disabilities, first-generation students, as well as those from racial/ethnic and financially under-resourced backgrounds

**November 16**  
2:00pm-3:00pm

## Handling Potential Challenges

Knowing the best ways to handle challenges and conflict is crucial to being a good mentor.

**March 20**  
2:00pm-3:00pm

## Stress and Anxiety Management

Mentors can give valuable advice on how to change thought patterns and communication style to better manage our anxiety overwhelmed.

**December 1**  
1:00pm-2:00pm

## Building your Mentee's Self-Esteem

Building self-esteem is a crucial part of being a peer mentor. Try to pay attention to your mentee's self-esteem throughout your relationship, particularly when tough issues arise.

**April 9**  
1:00pm-2:00pm

## How to do Group Mentoring

Similar in nature to traditional mentoring, in the way the mentoring sessions are focused on helping the mentee develop both personally and professionally.

**May 3**  
1:00pm-2:00pm

## Do's and Don'ts of Mentoring

The role of the mentor is diverse. A good mentor should be a guide, role model and be a 'visionary' but as with any role there are right ways and wrong ways to approach mentoring. Join us as we discuss best practices.

## More Info

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