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

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.

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.

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.

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.

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.

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.

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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