

# WMEP

MULTICULTURAL ENRICHMENT PROGRAM



WAKE FOREST  
UNIVERSITY

# Mentee Resource Guide 2009





WAKE FOREST  
UNIVERSITY



Wake Forest University  
**Office of Multicultural Affairs**  
346 Benson University Center  
(336) 758-5864

**Mentee Resource Guide**  
2009-2010 Edition  
Edited and Updated by  
Jonathan M. Cox, M.Ed.  
*Assistant Director, Multicultural Affairs*

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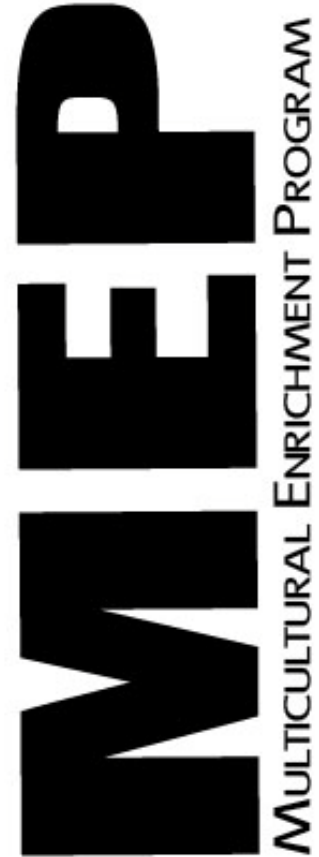
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## ***Introduction to the Multicultural Enrichment Program***

“A mentor is a kind of guide, who, despite having been far enough to know something of what’s down the path, comes back to walk with you, and thus leads without leaving you to follow.”

BOYD (1988)

## *Welcome, Class of 2013!*

Each fall, freshmen participate in the Office of Multicultural Affairs' Multicultural Enrichment Program (MEP) where they are paired with a trained upperclassman mentor to help them successfully navigate the transition from high school to college. The overall objective of the MEP is to improve the quality of life for the new student. Moreover, we intend to increase student retention and to provide an on-going orientation to all aspects of the university during the fall semester.

You and your mentor will sign an agreement, formalizing your understanding of your relationship and commitment to meeting. You or your mentor can dissolve the relationship, for any reason, should it become unsatisfying and/or unproductive. *Should this happen, please consult with the Office of Multicultural Affairs!* We can connect you with a new mentor, depending upon availability.

At the completion of the mentoring program in November, you and your mentor will reach the end of your formal, structured mentoring experience. You may still continue to meet on an informal basis throughout your years at WFU.

We will ask you and your mentor to fill out an evaluation of the MEP at our closing banquet. The evaluation will inquire about your experiences with the MEP. We value your opinion and your responses will be totally anonymous. This will enable us to continuously improve our program for our students.

## *Goals*

The specific goals of the MEP are:

- ⊕ To provide students with a continuing orientation to the university and community life.
- ⊕ To help students connect with other students in the university.
- ⊕ To offer students a variety of support mechanisms.

## *What a Mentor does for a Mentee*

The mentor's responsibility is to help the mentee take responsibility for his/her skills and behavior. This assistance should guide the mentee to academic and social integration, increased self-esteem, higher grades, and greater self-perceived intellectual growth. To ensure that they are adequately prepared, the mentor undergoes training to insure that he/she knows how to respond to the mentee's needs. Both mentor and mentee attend a fall orientation session and meet periodically to discuss the mentoring process.

Your mentor serves to help you in a variety of ways. They provide you with:

- ⊕ an upper-class student perspective
- ⊕ a successful, professional role model who will provide a lasting relationship with you while at Wake Forest University
- ⊕ tools to maximize your comfort during the transitional period.
- ⊕ information about university procedures and academic probationary regulations, consequences, causes, and resolutions.

One-on-one sessions with your mentor help:

- ⊕ monitor current progress of your course work.
- ⊕ refer you for remediation of academic problems if needed.
- ⊕ develop personal responsibility and problem-solving skills.

## *How the Relationship Works*

From August until October, mentors and mentees will be required to meet twice a month. One meeting per month must be social. The other must be to discuss any potential difficulties the mentee may be having. OMA will arrange for one social event per month. Mentors and mentees do not have to attend the OMA event. However, they will be required to complete some sort of social event for the month. At the end of the MEP in October, we will have a closing reception to honor the mentees and to formally end the program for 2009.

You and your mentor will communicate twice a month for August, September and October 2009. Communication includes e-mail or other computer-mediated methods, telephone calls, or face-to-face conversation. You may choose to talk about your personal experiences and/or ask for academic suggestions and guidance. A guideline for Mentor-Initiated Contacts is attached.

You and your mentor will discuss your individual communication objectives when you meet with your mentor at certain times during the semester. Outside of the scheduled events, you and your mentor have the flexibility to plan other interactions according to your schedules.

*"Mentors are willing to share a part of themselves,  
so that another person might grow closer to what  
he/she is capable of becoming."*

## *Benefits and Expectations of Mentees*

### **Who is a mentee?**

A mentee is a first-year student who desires a special one-on-one relationship with an upper-class student. The mentee is concerned with academic excellence, personal-social skills, and general, overall growth and development. A mentee is a student determined to define and achieve appropriate academic and career goals.

### **What expectations or benefits can I experience from the Multicultural Enrichment peer mentor Program (MEP)?**

- ⊕ The joy of a special friendship with an upper-class student.
- ⊕ Someone to help me learn the academic culture.
- ⊕ Someone who can help me clarify personal and professional goals.
- ⊕ Someone who can help me develop personal and academic skills.
- ⊕ Someone to help me develop networks and sponsors as I pursue career interests and make career decisions.
- ⊕ The opportunity to participate in activities to broaden my educational experience.
- ⊕ A sense of comfort that there is someone in the university community who specifically cares about my progress and my well-being.



## ***Program Guidelines for Mentees***

## *Responsibilities of Mentees*

- ⊕ To make a commitment to being a serious student.
- ⊕ To make a commitment to participate in MEP and make changes if necessary.
- ⊕ To accept the guidance and support of your mentor.
- ⊕ To participate in one-on-one informal sessions with your mentor.
- ⊕ To discuss your class schedule with your mentor, when necessary.
- ⊕ To regularly attend all your classes.
- ⊕ To contact your mentor *prior to* withdrawing from a class.
- ⊕ To contact your mentor *prior to* changing your program of study or curriculum.
- ⊕ To be punctual in meeting with your mentor.
- ⊕ To notify the mentor if you are unable to meet with him/her.
- ⊕ To discuss your academic progress with your mentor on a regular basis.
- ⊕ To be open concerning course work, study habits, academic progress, etc.
- ⊕ To take advantage of support services within the university recommended by your mentor.
- ⊕ To learn how to use the available resources at the university.
- ⊕ To strive to become an integral part of the college or university community.
- ⊕ To participate in periodic evaluations of the MEP.

## *Special Considerations*

- ⊕ If your mentor has to cancel a meeting, it's okay to schedule it for another time.
- ⊕ If *you* need to cancel, call early. Should you suddenly be unable to keep your meeting, call your mentor. Not showing up would be unprofessional and disrespectful.
- ⊕ Be on time for your meetings.
- ⊕ Besides meeting with you personally, your mentor may call to see how you're doing or send you a birthday card. Feel free to do small things to show your appreciation for your mentor. Expensive gifts would not be expected, nor be appropriate.
- ⊕ Your relationship with your mentor is *confidential*.

## *Mentee Outcomes*

- ⊕ Self-motivation, self-discipline, goal setting
- ⊕ Increased interpersonal skills
- ⊕ Greater awareness of the necessity of a value system
- ⊕ Critical evaluation of what works and what does not work as you adjust to college life
- ⊕ Acquisition and implementation of new knowledge
- ⊕ Greater awareness of trust
- ⊕ Increased decision-making skills
- ⊕ Enhanced leadership skills
- ⊕ Successful transition in completion of educational goals
- ⊕ Enhanced atmosphere of trust and respect

*"If you're coming to help me you are wasting your time. But, if you have come because your liberation is bound up with mine, then let us work together."*

*-Anonymous, (Aboriginal Australian)*



*"If I can stop one heart from breaking,  
I shall not live in vain;  
If I can ease one life the aching,  
Or cool one pain,  
Or help one fainting robin  
Unto his nest again,  
I shall not live in vain."*

*-Emily Dickenson*



*"When we turn to one another for counsel we reduce the number of our enemies"*

*-Kahlil Gibran*



*"I always pass on good advice. It is the only thing to do with it. It is never of any use to oneself."*

*-Oscar Wilde*

## *How Do You Spell Success?*

- S** Represents ***Soul***. Whatever you do, put your whole soul, mind and body into it.
- U** Represents ***Ultimate*** Work for maximum performance. Don't settle for a "C"; work for an "A". Don't accept what is given to you; work hard so that you have the right to demand. Believe in yourself and your abilities; substantiate yourself by developing the necessary skills.
- C** Represents ***Confidence***. Be confident in who you are and what you are doing by thinking positive, looking positive, and acting positive.
- C** Represents ***Consistency***. Be consistent: develop personality and identity then project it!
- E** Represents ***Endurance*** and ***Experience***. Be strong and persistent. Delight in your efforts; be tolerant of the intolerable (sore losers, etc.). Remember, " Experience is not what happens to you, it is what you do with what happens to you."
- S** Represents ***Study***. Strive to learn as much as possible, for that is the one thing no one can take from you. In order to study successfully, you must have a system of study specified for you. Identify your strengths and weaknesses and proceed to make your strengths work for you and help dissolve your weaknesses.
- S** Represents ***Self-Discipline***. Decide what to do, when to do it, want to do it, then DO IT! You are your own greatest resource for yourself to do *what* you need to; *when* you need to do it, is the greatest challenge. *Only you can truly make things happen for you!*

*Dr. David P. James, President  
International Mentoring Association*



## ***MEP Forms***

Office of Multicultural Affairs  
Wake Forest University



## ***Multicultural Enrichment Program (MEP)***

*"A Mentor Is A Kind Of Guide, Who, Despite Having Been Far Enough To Know Something Of What's Down The Path, Comes Back To Walk With You, And Thus Leads Without Leaving You To Follow."*

*Boyd (1988)*

## ***Mentee and Mentor Agreement Form***

*"WE ARE VOLUNTARILY ENTERING INTO A MENTORING RELATIONSHIP WHICH WE EXPECT TO BENEFIT BOTH MENTOR AND MENTEE, AS WELL AS THE WAKE FOREST UNIVERSITY COMMUNITY. WE WANT THIS TO BE A RICH, REWARDING EXPERIENCE AND AGREE TO MUTUAL CONFIDENTIALITY."*

---

MENTOR

DATE

---

MENTEE

DATE



## ***Multicultural Enrichment Program (MEP)***

*"A MENTOR IS A KIND OF GUIDE, WHO, DESPITE HAVING BEEN FAR ENOUGH TO KNOW SOMETHING OF WHAT'S DOWN THE PATH, COMES BACK TO WALK WITH YOU, AND THUS LEADS WITHOUT LEAVING YOU TO FOLLOW."*

BOYD (1988)

### ***Mentee and Mentor Relationship Termination Form***

*"We Voluntarily Choose To Terminate Our Mentoring Relationship. We Understand That We Have The Choice To Be Reassigned To Another Mentor Or Mentee Or We May Choose To End Our Participation In The Multicultural Enrichment Program."*

Please explain why you are choosing to terminate your relationship. BE SPECIFIC:

---

---

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MENTOR \_\_\_\_\_ DATE \_\_\_\_\_

Do you wish to be reassigned?  Yes  No

MENTEE \_\_\_\_\_ DATE \_\_\_\_\_

Do you wish to be reassigned?  Yes  No

***Mentor Evaluation Form for Mentees***  
**Fall 2009**

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Your Mentor's Name \_\_\_\_\_

1. How many times have you met with your mentor? (approximately) \_\_\_\_\_

2. How often do you meet with your mentor? (Please circle)

Weekly Bi-Weekly Monthly Bi-Monthly Never

3. Is your mentor usually available when you need him/her? \_\_\_\_\_

4. What types of concerns do you discuss with your mentor? (Check all that apply)

\_\_\_Academic \_\_\_Social \_\_\_Athletic \_\_\_Personal advising \_\_\_Referral \_\_\_Other

5. How effective do you feel the mentoring process was for you this semester?

(Ineffective) 1 2 3 4 5 (Very Effective)

6. How would you describe your relationship with your mentor? (Please circle)

Non-existent Bad Fair Good Excellent

7. What could your mentor do to improve the relationship?

\_\_\_\_\_  
\_\_\_\_\_

8. What was the MOST valuable part of your mentoring experience?

\_\_\_\_\_  
\_\_\_\_\_

9. What was the LEAST valuable part of your mentoring experience?

\_\_\_\_\_  
\_\_\_\_\_

10. Additional comments on the program's strengths, suggestions for improvements, etc.

\_\_\_\_\_  
\_\_\_\_\_



***Information on Mentors for Mentees  
2009***

Mentor's Name: \_\_\_\_\_

Mentor's Major(s)/Minor(s): \_\_\_\_\_

Mentor's Phone Number: \_\_\_\_\_

Mentor's Residence Hall: \_\_\_\_\_

Mentor's Campus P.O. Box: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Best Time to Call: \_\_\_\_\_

Mentor's Birthday: \_\_\_\_\_

Mentor's Interests: \_\_\_\_\_

Additional Information: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## ***Student Resources***

## *Campus Resources*

Campus Ministry	5248
Campus Police	5591
On campus emergency	911
Off campus emergency	758-5911
Career Services	5156/5246
Counseling Center	5273
Dean of Student Services	5226
Financial Aid	5154
Benson Information Desk	5255/5256
Learning Assistance Center (LAC)	5929
Library	5480
Multicultural Affairs	5864
Alta Mauro, Director	5227
Jonathan Cox, Assistant Director	5766
Mrs. Darlene Starnes, Administrative Assistant	5864
Orita McCorkle, Graduate Assistant	7123
Student Health Services	5218

## *Multicultural Student Organizations*

Alpha Kappa Alpha Sorority, Inc.  
Alpha Phi Alpha Fraternity, Inc.  
African Student Association (ASA)  
Asian Student Interest Association (ASIA)  
Black Student Alliance (BSA)  
Black Graduate Student Association (BGSA)  
Brothers Reaching Out (BRO)  
Chinese Student and Scholar Association (CSSA)  
Delta Sigma Theta Sorority, Inc.  
Dirrty Dancers  
Forest Fire Christian Ministry  
Kappa Alpha Psi Fraternity, Inc.  
Multicultural Male Caucus (MMC)  
Native American Student Association (NASA)  
Omega Psi Phi Fraternity, Inc.  
Organization for Latin American Students (OLAS)  
Phi Beta Sigma Fraternity, Inc.  
Sisters Inspirational Summit Committee (SIS)  
Student Global Aids Society  
Student National Medical Association (SNMA)  
UMOJA Multicultural Theatre Ensemble  
Unified Rhythms  
V.O.I.C.E.  
Wake Forest University Gospel Choir  
Wake International Student Association (WISA)

## *Campus Ministry Contacts*

Office of the University Chaplain  
Suite 109, Wingate Hall

Campus Ministry Center  
Kitchin Residence Hall

[www.wfu.edu/chaplain](http://www.wfu.edu/chaplain)

<b>Rev. Tim Auman, University Chaplain</b>	x5017, <a href="mailto:aumantl@wfu.edu">aumantl@wfu.edu</a>	<b>Episcopal Campus Ministry</b>	Rev. Bob McGee x5249, <a href="mailto:mccgeebob@wfu.edu">mccgeebob@wfu.edu</a>
<b>Rev. Becky Hartzog, Associate Chaplain</b>	x5021, <a href="mailto:hartzorg@wfu.edu">hartzorg@wfu.edu</a>	<b>Hillel (Jewish Student Organization)</b>	Dr. Louis Goldstein x5368, <a href="mailto:louieg@wfu.edu">louieg@wfu.edu</a>
<b>Sister Larretta Rivera Williams, Assistant Chaplain</b>	x3521, <a href="mailto:rivala@wfu.edu">rivala@wfu.edu</a>	<b>International Campus Ministries of the Triad</b>	Rev. Scott Freese 336/972-6237 <a href="mailto:scott@icmtriad.org">scott@icmtriad.org</a>
<b>Gayle Hartgrove Administrative Assistant &amp; Wedding Coordinator</b>	x5210, <a href="mailto:hartgrgw@wfu.edu">hartgrgw@wfu.edu</a>	<b>InterVarsity Graduate &amp; Faculty Ministries</b>	Jeff & Anna Gissing x5790 <a href="mailto:gissinjb@wfu.edu">gissinjb@wfu.edu</a> (Jeff) <a href="mailto:gissinam@wfu.edu">gissinam@wfu.edu</a> (Anna)
<b>Pattie McGill Campus Ministry Administrative Assistant</b>	x5248, <a href="mailto:mcgill@wfu.edu">mcgill@wfu.edu</a>	<b>InterVarsity Greek Ministries</b>	Courtney Hatcher x5790, <a href="mailto:hatchecl@wfu.edu">hatchecl@wfu.edu</a>
<b>Athletes in Action</b>	Joe & Kim Haynes 336/923 – 2513	<b>Lutheran Student Movement</b>	Rev. Laura Wind 336/765-6211 <a href="mailto:lwind@epiphanyws.org">lwind@epiphanyws.org</a>
<b>Baha'i Association</b>	Dr. Peter Furia x3242, <a href="mailto:furiapa@wfu.edu">furiapa@wfu.edu</a>	<b>Orthodox Christian Fellowship</b>	Fr. Jude DeAngelo x5018, <a href="mailto:deangejt@wfu.edu">deangejt@wfu.edu</a>
<b>Baptist Student Union</b>	Rev. Becky Hartzog x5021, <a href="mailto:hartzorg@wfu.edu">hartzorg@wfu.edu</a>	<b>Presbyterian (USA) Student Fellowship</b>	Rev. Stewart Ellis 336/765-8779 <a href="mailto:elliss@wfu.edu">elliss@wfu.edu</a>
<b>Campus Crusade for Christ</b>	Ron & Celia Jones 336/577-4416, <a href="mailto:ron.jones@usmc.org">ron.jones@usmc.org</a>	<b>Reformed University Fellowship (PCA)</b>	Rev. Kevin Teasley 336/403-8246 <a href="mailto:teasleykb@wfu.edu">teasleykb@wfu.edu</a>
<b>Catholic Campus Ministry</b>	Fr. Jude DeAngelo x5018, <a href="mailto:deangejt@wfu.edu">deangejt@wfu.edu</a>  Julie Ostergaard x4214, <a href="mailto:ostergjm@wfu.edu">ostergjm@wfu.edu</a>	<b>Winston-Salem Wesley Foundation</b>	Rev. Larry Jones x5019, <a href="mailto:joneslv@wfu.edu">joneslv@wfu.edu</a>

## *Hair Stylists/Barber Shops*

CB's Class Act Hair Salon 4500 Indiana Avenue, Suite 50	767-0033
Civilized Barber Shop 419 W Northwest Boulevard	727-1393
Donna Michael Salon 636 Hanes Mall Boulevard	765-4111
G. Carlyle Salon Millenium Center 101 W. 5th Street	725-9163
Lancaster & Company Hair Salon 1022 S Poplar St	722-2204
New Generations Barber Shop 2723 Farmall Street	750-0955
Obsessions Hair Care 7 Northeast 28th Street	723-8222
Platinum Palace 1520 Mount Zion Place	723-0155
Purr-Fect Cut Barber Shop 528 N Liberty Street	748-9637
Shear Illusions 1254 N Liberty St	723-1610

## *Places of Worship*

Beth David Synagogue (Greensboro) 804 Winview Drive	294-0007
Greater Cleveland Avenue Christian Church 5095 Lansing Drive	661-0226
Community Mosque of Winston-Salem PO Box 12516	650-1095
Eckankar-North Carolina Satsang Society, Inc. 930 W. Fourth Street., Suite B	725-1050
First Assembly of God 3730 University Parkway	759-7517
Goler Memorial AME Zion 630 N. Patterson Avenue	724-9411
Greek Orthodox Church 435 Keating Drive	765-7145
Our Lady of Mercy Catholic Church 1919 S. Main Street	722-7001
St. Leo's Catholic Church 335 Springdale Avenue	724-0561
St. Peter's World Outreach Center 3683 Old Lexington Road	650-0200
Temple Emanuel 201 Oakwood Drive	722-6640
Uncompromising Word Fellowship Church 2800 E. Sprague St.	788-1815
Union Baptist Church 1200 North Trade Street	724-9305
Unitarian-Universalist Fellowship of Winston-Salem 4055 Robinhood Road	659-0331

## *Movie Theatres*

Marketplace Cinemas (\$2) 2095 Peters Creek Pkwy	725-4646
The Carmike -Cinema 10 3640 Reynolda Road	922-1301
The Carmike-Wynnsong 12 1501 Hanes Mall Boulevard	765-5875
The Grand Theatre* 5701 University Parkway	1-888-943-4567

*\*Discount tickets are available at the Student Union ticket office in the Benson University Center.*

## *Other Services*

### **Busy As a Bee**

Where is Your Time going?

Let 'Busy As a Bee" free up your time and "buzz around for you"

Shopping Services ■ College student moving in/out ■ Waiting Services  
Mobile Notary ■ Errand Services ■ Relocation assistance ■ Personal Assistant  
Dry cleaning drop-off and pick up ■ Courier Services ■ Reservations & Tickets  
& more

"Making Your Life Sweeter"

336-377-2411

[www.busyasabeeconciierge.com](http://www.busyasabeeconciierge.com)