

PRMP

PROTÉGÉS MENTORING PROGRAM



WAKE FOREST
UNIVERSITY

Protégé Resource Guide 2010





Wake Forest University
Office of Multicultural Affairs
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Protégé Resource Guide
2010-2011 Edition
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PROTÉGÉS MENTORING PROGRAM

Introduction to the

PROTÉGÉS MENTORING 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 2014!

Each fall, freshmen participate in the Office of Multicultural Affairs' Protégés Mentoring Program (PMP) 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 PMP 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 PMP at our closing banquet. The evaluation will inquire about your experiences with the PMP. 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 PMP 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 Protégé

The mentor's responsibility is to help the Protégé take responsibility for his/her skills and behavior. This assistance should guide the Protégé 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 Protégé's needs. Both mentor and Protégé 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 November, mentors and protégés will be required to meet monthly. The mentor will initiate at least one face-to-face meeting per month, and weekly passive contacts (via phone, emails, etc.). During these meetings and contacts, the mentor and protégé will discuss the protégé's experience at Wake Forest, and anything else they wish to talk about. OMA will try to arrange for one social event per month, and there will also be one educational program each month. Mentors and protégés are expected to attend these programs, unless they have a legitimate schedule conflict (i.e. class). At the end of the PMP in December, there will be a closing reception to honor the protégés and to formally end the program for 2010.

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 of Being a Protégé

Who is a Protégé?

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

What benefits can I experience from the Protégés Mentoring Program (PMP)?

- ⊕ 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.



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PROTÉGÉS MENTORING PROGRAM

PROGRAM GUIDELINES FOR PROTÉGÉS

Expectations of Protégés

Your Mentor will do all they can to ensure that they are there for you, offering support in any way they can – but it is also important to remember that a mentoring relationship is a two-way street. *You* are responsible as the Protégé for half of the relationship! Actively seeking the wisdom and help your Mentor can impart, setting aside time to spend with your Mentor, responding to your Mentor when he or she contacts you – these are all things that you can and need to do as a Protégé.

PMP requires *active* participation in the program, in order to ensure that you get everything you can from the experience. Remember – you only get out of something what you put in – an important lesson for college. PMP will give you the opportunity to begin to live this philosophy, which you can translate into your newly-begun journey here at Wake Forest University!

- ⊕ To make a commitment to being a serious student.
- ⊕ To make a commitment to participate in PMP 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 PMP.

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*.

Protégé 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*



PIMP FORMS

PIMP

PROTÉGÉS MENTORING PROGRAM



Protégés Mentoring Program *Agreement Contract*

“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 behind to follow”
Boyd (1988)

Program Outcomes:

Through a mentoring relationship with an upper-class student, **first-year students (Protégés)** will...

1. ...ease their transitional experience from high school to college
2. ...make connections academically, socially, and cocurricularly at Wake Forest
3. ...receive direct support from another student of color

Through a mentoring relationship with a first-year student, **Mentors** will...

1. ...learn how to appropriately maintain and manage a mentoring relationship
2. ...further engage with their own college experience through helping and guiding their freshmen protégés through theirs

Protégé and Mentor Agreement

We are voluntarily entering into a mentoring relationship which we expect to benefit Mentor and Protégé, as well as the Wake Forest community. We want this to be a rich, rewarding experience and agree to mutual confidentiality. This is a formal, one-semester program.

We have discussed our expectations (as listed on the Pre-Program Evaluation), and reviewed our plan for success in meeting these expectations together.

As a Protégé, I understand that I am expected to fully commit to and participate in this program, knowing that mentorship is a two-way process.

Protégé Printed Name

Signature

Date

As a Mentor, I understand that I am expected to use my experience and knowledge to assist my Protégé to the best of my ability. Because of my level of experience, I willingly take the bulk of the responsibility to initiate the relationship, although I know mentorship is a two-way process.

Mentor Printed Name

Signature

Date

Mentor Evaluation Form for Protégés

Freshmen Protégés should use this sheet to evaluate their Mentors.

Your Name _____

Date _____

Your Mentor's Name _____

The Mentoring Relationship

1. How many times have you met with your mentor? (approximately) _____
2. How often do you meet with your mentor? 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? (Check one)
 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? The LEAST valuable?

9. Other comments: _____

General PMP Experience

10. Which of the PMP Educational Programs did you attend?
 Alcohol Safety Time Management/Stress Sexual Health None
If you checked 'None,' why?

11. What program topics do you think would be beneficial for next year's freshmen class? _____

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

13. Are you interested in being a Mentor for next school year? Yes No



Information on Mentors for Protégés 2010

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: _____



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PROTÉGÉS MENTORING PROGRAM

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
Anthony Williams, Wake Forest Fellow	7123
Student Health Services	5218

Multicultural Student Organizations

Alpha Kappa Alpha Sorority, Inc.
Alpha Phi Alpha Fraternity, Inc.
African Student Association (ASA)
Apsara Indian Dance Troupe
Asian Student Interest Association (ASIA)
Black Student Alliance (BSA)
Black Graduate Student Association (BGSA)
Brothers Reaching Out (BRO)
Can-I-Poet (Spoken Word)
Chinese Student and Scholar Association (CSSA)
Delta Sigma Theta Sorority, Inc.
Dirrty Dancers
Forest Fire Christian Ministry
Gay-Straight Student Alliance (GSSA)
Kappa Alpha Psi Fraternity, Inc.
Korean-American Student Association (KASA)
Multicultural Association of Pre-Medical Students (MAPS)
Muslim Student Association (MSA)
Native American Student Association (NASA)
Organization for Latin American Students (OLAS)
Phi Beta Sigma Fraternity, Inc.
UMOJA Multicultural Theatre Ensemble
Unified Rhythms
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

Rev. Tim Auman, University Chaplain	x5017, aumantl@wfu.edu	Episcopal Campus Ministry	Rev. Bob McGee x5249, mccgeebob@wfu.edu
Rev. Becky Hartzog, Associate Chaplain	x5021, hartzorg@wfu.edu	Hillel (Jewish Student Organization)	Dr. Louis Goldstein x5368, louieg@wfu.edu
Sister Larretta Rivera Williams, Assistant Chaplain	x3521, rivala@wfu.edu	International Campus Ministries of the Triad	Rev. Scott Freese 336/972-6237 scott@icmtriad.org
Khalid Griggs Associate Chaplain For Muslim Life	x2936, griggaska@wfu.edu	InterVarsity Graduate & Faculty Ministries	Jeff & Anna Gissing x5790 gissinjb@wfu.edu (Jeff) gissinam@wfu.edu (Anna)
Gayle Hartgrove Administrative Assistant & Wedding Coordinator	x5210, hartgrgw@wfu.edu	InterVarsity Greek Ministries	Courtney Hatcher x5790, hatcheck@wfu.edu
Pattie McGill Campus Ministry Administrative Assistant	x5248, mcgill@wfu.edu	Lutheran Student Movement	Rev. Laura Wind 336/765-6211 lwind@epiphanyws.org
Athletes in Action	Joe & Kim Haynes 336/923 – 2513	Orthodox Christian Fellowship	Fr. Jude DeAngelo x5018, deangejt@wfu.edu
Baha'í Association	Dr. Peter Furia x3242, furiapa@wfu.edu	Presbyterian (USA) Student Fellowship	Rev. Stewart Ellis 336/765-8779 elliss@wfu.edu
Baptist Student Union	Rev. Becky Hartzog x5021, hartzorg@wfu.edu	Reformed University Fellowship (PCA)	Rev. Kevin Teasley 336/403-8246 teaslekb@wfu.edu
Campus Crusade for Christ	Ron & Celia Jones 336/577-4416, ron.jones@usmc.org	Winston-Salem Wesley Foundation	Rev. Larry Jones x5019, joneslv@wfu.edu
Catholic Campus Ministry	Fr. Jude DeAngelo x5018, deangejt@wfu.edu Julie Ostergaard x4214, ostergjm@wfu.edu		

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.busyasabeeconcierge.com