

120 NOSS HALL

# The Cal U Mentoring Program



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ACADEMIC AFFAIRS



# CALU

## How do I begin to take such a giant step?

Your first year of college is an exciting opportunity. But leaving home for the first time, establishing yourself as an independent adult, making new friends and learning your way around campus can be a bit scary. So how do you navigate your way through your first year at Cal U without feeling as if you are doing it alone?

The University-Wide Mentoring Program at Cal U is a great place to start. This program helps you succeed by matching you with a peer mentor. Your mentor will contact you well in advance of the start of your first semester at Cal U. It helps to know that there is someone at Cal U who will help you through those first challenging days and beyond.

“When I came to Cal U, my peer mentor was great to me! I had lots of questions and was not sure who to ask. My mentor came through and answered everything! When I became a mentor, I helped my protégé move in and we have been friends ever since!”

MARK ROCKAGE '10  
MAJOR: THEATRE/BUSINESS





“Being a mentor helped prepare me for the responsibility of helping others succeed under my guidance.”

ASHLEY HARIG '10  
MAJOR: GRAPHIC DESIGN



## How will my peer mentor help me?

Your first communication with your mentor most likely will be through e-mail. He or she will give you the “inside scoop” on life at Cal U. Any university campus can be overwhelming when you first arrive, and Cal U is no exception. Your peer mentor will help you identify important places on campus, such as:

- Your classrooms, so you know exactly where you are going before the first day of classes and have one less thing to worry about.
- The best places to eat, both on and off campus.
- Important campus resources, such as the library, math lab, writing center, etc., so you can find them with ease should you require their services.

Knowing someone who has a thorough knowledge of campus prior to your arrival gives you a distinct advantage and makes your transition into university life a little easier.

## What is a peer mentor?

Peer mentors are upper-class students who volunteer to serve as support and a resource for incoming freshmen. They can assist you with the adjustment to college by offering you guidance, encouragement and friendship. Typically, your peer mentor will be from your academic department and will be able to discuss information about requirements within your major. Additionally, he or she will know a great deal about outside-of-the-classroom activities, clubs and organizations, speakers and special events. Your mentor will send you e-mails, make periodic phone calls and visit with you throughout your first year at Cal U.



“I was a peer mentor because I knew that as a freshman it would have been easier for me to adjust to college life if I’d had an upperclassman to show me the ropes.”

SHINESA CHOWDHURY '09  
MAJOR: BIOLOGY/  
PRE-MEDICINE

## What are the requirements, if any, for obtaining a peer mentor?

Mentors are available to all first-semester students — both freshmen and transfer students. However, the number of mentors available in each major is limited. Assignments are made on a first come, first served basis within each department.

Cal U freshmen with peer mentors move onto their 2nd year of college

AT A **13%** HIGHER RATE than freshmen without mentors!



“I got involved with the mentoring program on my own. I thought it would be an easier way to meet someone and to already know someone before I began my college career. What I found in my mentor was a great new friend and someone whom I know that I can turn to for help.”

THERESA SELVOSKI '11  
MAJOR: COMMUNICATION DISORDERS



“ I became a mentor because I remembered what it was like coming to Cal my freshman year. Having a mentor eased my nerves, because he was there to answer questions for me, show me around campus and just be there for whatever I might need. I thought that by becoming a mentor I could repay that to another incoming freshman. ”

ADAM CINDERICH '09  
MAJOR: METEOROLOGY



For more information on the mentoring program, contact:

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