

## Talking Points for Mentor/Mentee First Meetings

### Coming to College:

- Where is home?
- Why did you choose to come to Juniata? How are you feeling about your decision so far?
- How have the first few weeks been?
  - Did you participate in Inbound? If yes, how was it? Fall athletes – How are things going?
- How are you feeling about being away from home? How are folks at home adjusting?

### Goals:

- What are your academic interests?
- Do you have particular career goals or broad interests that informed your choice to come to Juniata?

### Academics:

- What classes do you have this semester? How are they going? Any that you are concerned about?
  - *If they have concerns, connect them to resources: faculty office hours, QUEST, tutoring, etc.*
- How are you feeling about the workload? Any successes or challenges to share?
- Following their lead -- have they found good places to study; have they figured out how to organize their time; are they finding and accessing resources and support systems?

### Living on Campus:

- Where are you living? How is your room and residence hall? Do you feel comfortable there?
- How is life with your roommate?
- If commuting, how is that going for you?

### Getting Involved:

- What are your interests?
- Are you on a varsity athletic team? In a performing arts group?
- Have you joined any student clubs or organizations? Do you have questions about how to get involved?
- Do you have a job on campus or in the community?

### Identify Support Networks:

- When you needed help in the past, who did you go to?
- Who could be a source of assistance here on campus?
- *Share where they can find support on campus (faculty, advisors, res life staff, QUEST, campus counselors, chaplains, athletic coaches, etc.)*

### Closing Discussion

- Ask if they have lingering questions
- Let them know how to schedule appointments and when you will meet next
- Welcome them to Juniata!

QUEST Advisor Resources webpage:

<https://www.juniata.edu/academics/quest/academic-resources/adviser-resources.php>

## Academic Tenacity and Student Success

- ✓ **PURPOSE**
  - Intrinsic motivation or drive is really helpful
  - Encourage exploration and curiosity
  - Set goals and connect them
- ✓ **Growth Mindset**
  - The brain is a “muscle”: Effort and challenge = exercising your brain
  - Praise effort rather than outcome
  - Use yet.... You haven’t figured that out YET....
  - Set learning goals, not performance goals
  - We all fail – ask, what did I learn – what will I do differently next time
- ✓ **Becoming a “Junliadar”**
  - It’s normal to worry about how you will fit in – making a new place your “home” takes time
  - Share your own experiences of navigating new spaces
  - Help them identify what gets in the way – Where might they reach out for support
- ✓ **Academic Success and Self Care**
  - Self regulation and adaptability are skills
  - Set Goals and Monitor Progress
  - Develop stress management strategies
  - Utilize peer learning opportunities
  - Ask questions of everyone

