

# A GUIDE TO MENTORING

CFD Learning Resource Center

**M**- *Manages the relationship*

**E** - *Encourages*

**N** *Nurtures*

**T**- *Teaches*

**O**- *Offers mutual respect*

**R**- *Responds to Mentee's needs*

## WHAT MAKES A GOOD MENTOR?

- A good mentor helps mentees learn and problem solve by asking questions, and not just giving answers.
- A good mentor shares relevant firsthand experiences to help mentees.
- A good mentor is supportive and patient.
- A good mentor is understanding and empathetic.
- A good mentor motivates their mentees.

## DAILY TASKS

- APA formatting help.
- Assisting with essay writing and revising.
- Providing one-on-one support.
- Teaching mentees how to communicate with professors.
- Helping students find resources on campus.
- Help students acclimate to SDSU.

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*“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.”- John C. Crosby*

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## INTERNATIONAL & ENGLISH LEARNING STUDENTS



### Unique Characteristics:

- Many international students believe that proficient writing is a paper without grammatical errors, and often overlook writing as formulating ideas. This often happens because they were trained to write for standardized tests.
  - Most ESL students are not familiar with the writing process and writing multiple drafts and then revising them. They tend to focus more on ideas and less on form.
  - Many international students are not comfortable with peer reviewing, because in some countries peer review is regarded as a form of cheating.
  - Students may make the same mistakes repeatedly if they just revise their papers only by fixing what was marked incorrect on their drafts.



*“The Heart of Mentoring: Getting the most out of life isn’t about how much you keep for yourself, but how much you pour into others.”*  
– David Stoddard

### How to help:

- Don’t just be concerned with the grammatical errors, you should introduce rhetorical, grammatical, and stylistics aspects of writing.
- guide students to reflect on their work and incorporate their reflections into their revisions.
- Encourage students to seek help from the Writing Center, professors, and classmates.
- Don’t just edit papers, educate students on their mistakes, and engage them in the revision process.

### LEARNED HELPLESSNESS

#### What is it?

“Learned helplessness is a vicious cycle that reinforces itself. As students consistently perceive that there is nothing they can do

to control their outcome, they make less and less of an attempt to do so. And as their effort dissipates, they fail” (Catapano, 2017).

### How to help:

- Provide encouraging feedback that targets the mentees deficient areas.
- Lead mentees through the process of establishing reasonable goals that are unique to them; mentees will more likely achieve these goals.
- Use the mentees strengths as building blocks.
- Talk to the mentees about problems they are having with writing and have the student develop a plan to improve on them.

### SELF- CARE

#### What is it?

Self-care is identifying your own needs and meeting them. It is taking time to do nurturing activities. It is about taking care of yourself, and treating yourself kindly.

#### Why is it important?

As mentors, we can only help others by helping and taking care of ourselves first.

Not taking care of ourselves can cause chronic stress, which can cause an array of health problems, such as fatigue, irritability and problems with concentration. When stress is left unmanaged, it can cause anxiety and depression.

## Thing to try and suggest to mentees:

- Take time for yourself.
- Spend time with family and friends.
- Exercise and eat healthy foods.
- Get outdoors.
- Listen to music.
- Do an activity or hobby that you are passionate about.
- Get a good night sleep
- Meditate or take a few deep breaths.

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