Summary

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What is PASS?

- Sanctioned students/Volunteer Students
  - Mixed population of students
- Began in the Spring of 2011
  - Spring 2011 - 7 Mentors and 10 Mentees
  - Fall 2012 - (August) 13 mentors, 17 mentees
  - Fall 2013 - 29 Mentors, 34 Mentees
- Aids in improving retention of students at the University level
Who’s in charge?

Who to contact when you need help...

Luke
- Coordinator
  lb41070@huskies.bloomu.edu

Dan
- Co-Coordinator
  dah13749@huskies.bloomu.edu

Anthony Beard
- Advisor
  abeard@bloomu.edu

Donald Young
- Dean of Students
  dyoung@bloomu.edu

- First contact when having problems

lb41070@huskies.bloomu.edu

570-983-7037
# What makes someone a good mentor?

## Technically Speaking
- Ability to provide support
- Ability to guide a younger, less experienced student
- Good listener
- Are accessible
- Provide constructive criticism
- Provide motivation

## What Our Mentors Think
- Good Listener
- Responsible
- Knowledgeable
- Open minded
- Motivating
- Trustworthy

[http://polaris.gseis.ucla.edu/jrichardson/documents/mentor.htm](http://polaris.gseis.ucla.edu/jrichardson/documents/mentor.htm)

Fall 2012 Mentor Pre-test/Post-Tests
How can you be a good mentor?

- Each person is capable of being a positive role model for others
- Learning from mistakes
- Reliable
- Understanding of campus and community
- Understanding what is required of you
- Be practical!
# Expectation vs. Reality

There are no absolutes when it comes to mentoring

## Expectation
- Major life changes
- Want to change
- Have serious issues that require your in-depth counseling expertise
- Those serious issues will be at the surface

## Reality
- Cooperative
- Willing to let you take the lead
- May not know what they want
- May just want to talk
- May not have much investment
- If they have a problem they may not want to talk about it to you
“My mentee doesn’t want to be hounded to participate.”

“My mentee won’t respond.”

“They’re just like every other college kid.”

“Wait, where’s my A-HA moment?!”

How do I handle it…
Working With Voluntary Students

How do I handle it…

- Are pursuing this relationship because they want to be there
- “My mentee wants to meet more than I can.”
- Not as easy as it seems; no obligation
- “My mentee won’t get back in touch with me.”
Mentor/Mentee Relationships

• Your first semester with a mentee should be seen as your semester of gaining trust
• A semester is 16 weeks, that’s not a lot of time
• Your second semester should be when the real work begins
  • You have an established relationship
  • You know which buttons are okay to push and which should be avoided
• This is a real commitment, so be prepared to put some time in
  • If you aren’t involved, why should your mentee be?
Basic Skills

Gaining Trust

- Listening
  - S-O-L-E-R
- Self-Disclosure
  - To do or not to do: that is the question
- “Poker Face”
  - The “I can’t believe they just said that” moment
  - “Why aren’t they talking” moment
Different Types

- Profile Forms
  - The first piece of paperwork that you will complete for this program

- Conduct and Confidentiality
  - Honor Contract
  - The most important documents you will need to complete

- Summary Sheet
  - Should be completed after each meeting
The Conduct and Confidentiality form serves as an agreement between you and your mentee. Can serve as a discussion piece during your first meeting. Confidentiality is one of the most important concepts to take away from this training.
Honor Contract

The Honor Contract is simply an agreement...

Bloomburg University of Pennsylvania - Dean of Students Office
Peer Assisted Students Success Mentoring Program

By choosing to participate in the Peer Assisted Student Success Mentoring Program (PASS), I, __________________________, agree to:

- Follow all rules and guidelines as outlined by the PASS Advisor, PASS Coordinator, Mentor Training, Program Policies, and this contract
- Currently have a minimum of 24 credit hours and have a GPA of 2.5 or higher
- Attend all mandatory training sessions through the Dean of Students Office in order to build upon my skills and abilities as a mentor
- Provide the necessary support to help my mentee succeed while at Bloomburg University of Pennsylvania
- Make a commitment for the duration of one full semester to being matched with my mentee and consider renewal at that time
- Make, and attend, regularly scheduled meetings with my mentee in accordance with Dean of Students policy and individual requirements
- Maintain confidentiality with my mentee as required by the Conduct and Confidentiality agreement when there is no threat to the mentee or others
- Report any and all concerns to the PASS Coordinator and Advisor in a timely and prompt manner
- Be on time for all activities
- Never be in the presence of alcohol while with my mentee
- Notify the coordinator if I choose to terminate my contract with the PASS program
- Notify the coordinator if I change my phone number or other contact information
- Submit consistent information, such as dates, times, and summaries, of contact with my mentee to the coordinator within 48 hours of meeting with them.
- Represent the Dean of Students Office on and off campus as a mentor of the PASS program; this may include, but is not limited to, avoiding disciplinary/academic probation and reprimands by professional staff and faculty while serving as a mentor of the PASS program
- Complete other duties as assigned by mentor coordinator and PASS Advisor
- Currently not be on any probation: Academic/Disciplinary with the University

(Initial) I give consent to the PASS program to use my image in advertising and publication information to promote peer mentoring and the PASS program.

I agree to follow all of the above stipulations of this program as well as other conditions as may be instructed by the Coordinator, Advisor, and Dean of Students at this time or in the future.

________________________   __________________________
Signature                      Date
Why are the Summary Sheets important?

- Should be completed after each meeting.
- Keeps track of mentees progress or important issues.
- Shows the coordinators and Dean you are meeting with your mentee.
- These must be brought to the DOS office the day after your meeting.
Workshops

Why we do it:

- Group mentoring can provide engagement
  - Brings students together
- Can be educational and fun
- Provides mentors an opportunity to work together
- Provides mentees with a chance to meet new students
Workshops for the Fall

What we’re working on:

This Fall we are making an effort to provide a more diverse level of experience.

We are planning programs that will be educational, that will focus on diversity issues, and community service!

All mentors are encouraged to facilitate workshops so that they can develop skills in leading groups.

PASS Workshops
• Career Thoughts
• Budgeting Skills
• Stress and Relaxation
• Academic Skills
• Resume Building

Other Departments
• Multicultural Affairs
• Career Development
• Women’s Resource Center

Community Service
• Breast Cancer Walk
  • When: October 27 at 12 pm
  • Where: Student Recreation Center
How to get your mentee involved:

The chart represents the most common ways to get your mentee involved:

- **250 Clubs and Organizations**
- **Events on Campus** - There is a lot going on for free so take advantage!
- **Meal Times** - Easy way to touch base with your mentee
- **PASS Workshops** - are also worth 2.5 hours of community service!
- **Off campus** - Do not take them in a car, stay within walking distance.
- **Student Activities** - Library, Rec, etc.
- **Starbuck’s** - Just grabbing a cup of coffee
Closing Tips

1. RESPECT CONFIDENTIALITY
2. Be the listener
3. Be the helper
4. Keep the Relationship Going
5. Don’t get discouraged
6. Don’t be afraid to be the mentor
7. You are a valuable resource
8. Avoid being overwhelmed by your mentee’s problems
9. Goal setting
10. Be available
11. Don’t expect to have an instant connection
**Why Join Us?**

- Provides students with an opportunity to feel more connected to the University and campus community
- Having a mentor can increase retention for the mentee
- Assists with the transition/adjustment to college living
- Students can transition from mentee to mentor
- Learn basic life skills
- RESUME builder
- Expand your college experiences
- Provides engagement opportunities with faculty and staff

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**How to Sign Up:**

1. Go to bloomu.edu/deanofstudents
2. Click on the PASS Program icon on the top right
3. Be a mentor (ready to join our team?) Get a mentor (mentee profile form)
4. Print out and hand into the Dean of Students Office or email to deanofstudents@bloomu.edu

**OR**

Scan the QR code below for direct access:

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**Contact Information**

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Dan Haverstock, Graduate Assistant, Dean of Students Office
PASS Co-Coordinator
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Anthony Beard, Assistant Dean of Students, PASS Advisor
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**Location**

Kehr Union Building (KUB) 101
Phone: 570-389-4734

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**PASS MENTORING PROGRAM**

*Peek *Assisted *Student *Success

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Like us on Facebook
PASS Mentor Program
Dean of Students Office
Mission Statement
The PASS Mentoring Program is focused on connecting students at Bloomsburg University to other students who can provide consistent support, engagement opportunities, and encouragement on a one-to-one and small group basis in order to assist students in reaching their full potential.

Goals
- To develop leaders and cultivate success through peer-to-peer mentoring
- To provide support and engagement opportunities that will aid students in reaching their full potential

Vision
The PASS Mentoring Program aims to become a campus-wide recognized peer-to-peer mentoring program that provides support and focuses on building positive relationships between students. In the program students will develop leadership skills and be actively engaged in the campus and community environment.

SUCCESS OF MENTORSHIPS
- Increased graduation rate
- Higher GPAs through different resources and support
- Life long friendships formed
- Professional etiquette is established
- Gained purpose and skills for life
- Increased trust through social networking

Getting Involved...
Community Service
- Relay For Life

“GROWING PAINS” WORKSHOPS:
- Managing Me
- Career Thoughts
- Resume Building
- Academic Skills
- Coping with Cancer
- Money Management
- Stress and Relaxation
- Time Management

Breast Cancer Walk
The Big Event
QUESTIONS?