



# MERITUS CONNECTIONS

Fall 2010

Mentor Program Newsletter

Greetings!

We are excited to begin another school year alongside the Meritus Scholars! Some of them will be stepping on a college campus for the first time while others await to see the familiar faces of their peers and professors. As mentors, however, we are left with the hope of continuing our M&M\* relationship while the student is away. Do not despair! We will take advantage of this time by reflecting on those relationships with an action-packed Fall Mentor Night.

Save the date: Tuesday, October 19th from 6 to 7:30pm let's get together around a light supper to debrief our summer M&M relationships. We will learn from each other's experiences. It will be an opportunity to deepen our understanding of goal setting as the compass of our relationship. Read *Fall Mentor Night* for further details.

Also in this issue find out what researchers have to say about the benefits of mentoring and practical tips for how to keep the momentum going while the Scholar is in school.

Get ready and enjoy this Mentor Fall newsletter!  
As always, thank you for all you do in support of Meritus Scholars,

Ana Moraga  
Mentor Program Manager

\*Mentor and Mentee

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## Fall Mentor Night!



When: Tuesday,

October 19th,

2010

6pm-7:30pm

Where: Mission Center Building  
1855 Folsom St  
(cross 15th St)

Room 126

[Map](#)

Why: To share our successes and challenges in our M&M relationships and deepen our understanding of goal setting.

This is our only mentor workshop this fall. I hope to see all of you there!

Please RSVP by emailing Ana at [ana@meritusfund.org](mailto:ana@meritusfund.org)

## Mentors benefit from mentoring

In a series of in-depth interviews with 30 mentor and mentee pairs (Hendrey & Philip, 2000, p.211) it was found that Mentors gained "cultural capital." This study defined cultural capital as "a set of recipes to deal with the challenges they [mentors] face in their day to day lives." Philip and Hendrey pointed out that mentor experiences help mentors make sense of their own past, gain insight into the lives of youth and develop more positive, reciprocal relationships with youth.

In another study, the Commonwealth Fund (Colasanto, McLearn & Schoen, 1998, p.67) surveyed 1,504 mentors and 75% reported that mentoring is a "very positive" experience that allows them to take a break from their professional lives by providing them an opportunity to give back. Eighty-three percent claimed that they benefitted personally from mentoring. These benefits include the feeling of being a better person, increased patience, a feeling of effectiveness and an opportunity to acquire skills among others.

[Click here](#) to read the full article on the benefits of mentoring. And remember that mentoring is a two-way



Mentor Molly Scully with Mentee Geanna Mohamed (2008). relationship that benefits both you and your mentee.

#### References

Philip, Kate; Hendry, Leo B. Making sense of mentoring or mentoring making sense? Reflections on the mentoring process by adult mentors with young people. *Journal of Community & Applied Social Psychology*. 10 (2000), 211-223.

McLearn, K.T., Colasanto, D., & Schoen, C. Mentoring matters: A national survey of adults mentoring young people. In J. B. Grossman (Ed.). *Contemporary issues in mentoring*. Philadelphia, PA: Public/Private Ventures. (1998): 67-83.

## Memories from our Summer Activities!



Summer Community Service Day at the SF Food Bank.



Mentor Beverly Mislung with Mentee Linda Liu (2010) on the assembly line during our Service Day.



Scholars Jasenia Quintana-Lopez and Stafone Jackson (2010) enjoying a baseball game with Stafone's mentor Randy Quezada (right). Go Giants!



M&Ms sharing a picnic table at the Passing the Torch BBQ in July.



# Connecting with your Mentee this Fall

You have worked hard this summer to start building your relationship from the ground up or to continue developing the relationship that you started in the past. In either case, and even if you have not had the chance to connect with your mentee this summer, please take a look at the tips below and take a few minutes to check in with your mentee.

**In a call or email:** Ask your mentee how classes are going? What do they like about their classes? How comfortable do they feel managing the work load? Is there anything that they are worried about? Do they like the professors? Is there a club or group on campus that they would like to get involved with? What is the most difficult thing about college so far?

**Campus visit:** If your mentee is in the Bay Area think about visiting them on campus. You can even connect with other mentors who have mentees in the same school, drive together and have a group lunch. Most scholars also have buddies (other Meritus Scholars who they have been matched with on their campus), ask them to bring their buddy if that makes the visit more comfortable.

**Care package:** Take five minutes to write your mentee a note letting them know that you are hoping that their semester is going well and reassuring them that they can count on you. You can send that note with a small treat.

Good luck and I look forward to hearing about the creative ways in which you have reconnected with your mentee this fall.



Mentee Esther Zeng (2008) and Mentor Vanessa Lindlaw

## Professionals needed for Job Shadowing and Informational Interviews

We are building a directory of professionals available for job shadowing and informational interviewing opportunities. We are looking for volunteers to show Scholars what a day in their job is like. We also need volunteers to participate in short 45-minute career-related interviews conducted by Scholars. If you or someone you know is interested in volunteering for these positions please email Ana at [ana@meritusfund.org](mailto:ana@meritusfund.org).

## 2009 and 2010 Mentors! Quarterly Reports

Thank you to all of you who have submitted your quarterly report. The quarterly report allows us to follow your relationship in order to better support you and the Scholars.

if you have not submitted your report, please do so ASAP.

For any questions regarding the report, the form, or the mentor program please call or email Ana at 415-400-8643 or [ana@meritusfund.org](mailto:ana@meritusfund.org).

## About Us

The Mentor Program is part of Meritus College Fund. Meritus College Fund bridges the gap to higher education for San Francisco public high school graduates.

## Contact Us

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