



# Mentoring & Coaching Monthly

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## In This Issue

Welcome to the December 2020 issue of Mentoring & Coaching Monthly. In this issue, we take a look at self-help, winter to-do checklists, and stress management tactics that can help you make the most of this holiday break. There is no question that the current pandemic separates people both physically and mentally; this is why Chronus and Great Books Summer Program are working to break down the barriers of disconnection providing useful tips. You will also find information on various mentoring relationship opportunities at Wake Forest University, the University of Southern California, Notre Dame University, Women in Science at Columbia, and Grand Valley State University.

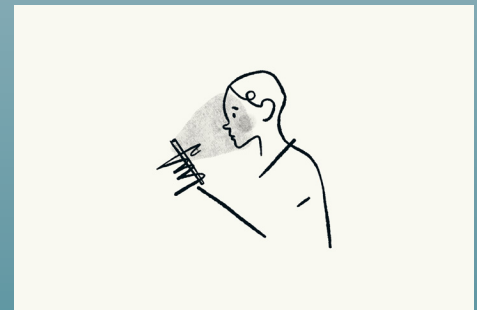


# Editor's Letter



Welcome back to Mentoring & Coaching Monthly for our December issue! The winter season is upon us, yet the pandemic continues. Everyone is undoubtedly feeling some isolation and requires some stress management strategies. Moreover, social distancing is spreading into the workplace and creating an environment characterized by disconnection and lack of engagement. In this issue, you can read about recommendations from Chronus to enhance virtual engagement and connection.

This edition addresses how students at all levels can take advantage of this winter break to enter mentoring relations and prepare for the upcoming months. We cover Notre Dame University's and Women in Science at Columbia's outreach for first-year undergraduates seeking mentorship advice, as well as Wake Forest University's senior SCOS checklist, and The University of Southern California's advice for students who are updating their resumes and LinkedIn networks.



Lastly, we touch on the Great Books Summer Program for middle and high school students to open their minds to literature and poetry. They include light competitions within their short sessions to encourage engagement, participation, and socialization through traditions and open discussions. Thank you for joining us for the latest issue of 2020.

# Senior Winter Check List



Despite every day dragging on, the year is winding down to an end, and tasks are piling up. Not to worry, there is still a chance to send in graduate school applications and apply for jobs! Undergraduate seniors can take advantage of Wake Forest University and The University of Southern California's offer of helpful tips for this coming winter. The University of Southern California has four beneficial tips for seniors during the winter holidays. Seniors can consider following their step-by-step model to update their resume or find a mentor through networks on LinkedIn. They can search for virtual internships at the link provided below and read the following article about making the best of winter break during the pandemic.

In addition, Wake Forest University encourages seniors to enroll in a four-module "Jump Start Course." They

provide recommendations to explore job options, to update your LinkedIn and resume with an appealing design, to evaluate the strengths and weaknesses of your professional network and to create a strategy to search for your ideal job. Wake Forest University also encourages seniors to participate in their "Core Four" exercise once the "Jump Start Course" is complete. Follow the link to learn more about their exercises, tips, and winter checklist.

[Wake Forest University](#)

[University of Southern California](#)

[Internship Resources](#)

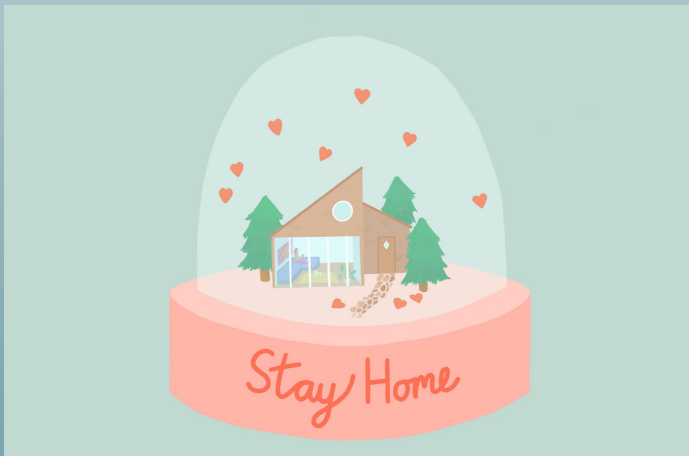
[Core Four Information](#)

[Resume Guidelines](#)

[Motivation Resources](#)



# Isolated Connections



COVID-19 certainly accelerated virtual relationships; however, Chronus' statistics for virtual workplace climate show a 10% decrease in employee involvement and a 15% increase in the need for acknowledgment; furthermore, 40% of employees who remain engaged report quality issues, and employees who feel lonely increase company spending by \$3.5 billion.

Mentees and mentors may benefit from Chronus' recommendations to create deeper connections and have beneficial virtual sessions. They suggest creating an ambient environment and focus on the meeting goals to increase engagement in virtual sessions. Chronus suggests mentoring programs can overcome disconnection with regular check-ins as well as the utilization of multiple virtual platforms. Meeting virtually is more flexible and convenient than in-person meetings, increasing participation and authentic relationships. Mentoring programs can help to decrease loneliness during the pandemic and may continue after. Follow the links below for more information about Chronus and their mentorship advice.

[Chronus Article](#)

[Connection Tips](#)



# Mentoring Opportunity

The transition from a high school student to a college student is challenging, and at this time is even more difficult due to the additional obstacles in the transition from being an in-person student to an online student. That takes away the fun of the dorm, making new friends, and joining clubs. Not to mention, finding a mentor is much more complicated since in-person interactions are on hold.

Notre Dame University offers information about finding a mentor. Click on the link to see how informational interviews, LinkedIn networks, and having a conversation with Alumni or a mentor can be as simple as reaching out.

Women in Science at Columbia also take the extra step to help STEM students find a mentor. They aim to pair graduate and undergraduate students in mentoring relationships to support graduate students in sharing their knowledge while offering undergraduate students a helping hand. Follow the link to sign up as a mentor.

[Notre Dame University](#)

[Women in Science  
at Columbia](#)



## K-12 Mentoring Program

High school is surreal; it is halfway between being an adult and a child, and the rules for how to behave change from room to room. High school students are confronted with making important life decisions such as how to spend money, where and how to socialize, picking a college, a major, and define life goals. They need help and mentors are critical in supporting them during this life transition.

Grand Valley State University offers a mentoring program, K-12 Connect Virtual Mentoring, that could help these ambitious students through a free one-on-one mentoring experience. They are offering their time to answer questions in preparation for college through Zoom. Follow the link to learn more about how to sign up.

[Read the article here](#)





# Winter Break Program

Great Books Summer Program, like many organizations, found ways to adapt to the virtual environment. Their one-week program initially occurs in-person; however, they had to adapt to the social distance reality. They found a way to translate their program to the virtual environment by running a few free trials during spring. Katie Lagan said, “seeing the program online was goal we had for a while, and the pandemic forced us to accelerate our plans, but the spring trials only made us more excited to expand the program.” They continue to include their interactive activities such as The Hideous Cup of Poetry, where “the children recite poems in virtual pod teams.



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Great Books Summer Program offers various opportunities ranging from reading and writing sessions for children, adolescents, and adults. They also provide financial aid or scholarships for students who cannot afford tuition. Katie Lagan also mentioned having “upcoming free classes for high school and middle school students on December 17th and adult sessions in January.” Check out their website, email, or call the Great Books Summer Program to learn about financial aid, and free sessions.

Great Books Summer Program  
Website



# Holiday Self Care Tips

By now, everyone feels the effects of isolation, limited social interactions, and the stress of loneliness. All of these factors can impact the mind-body balance leading to immunodeficiency. Stress is a leading risk factor for heart attack, stroke, and high cholesterol, so consider these self-help tips if this year has been challenging.



Read the Chronicle article  
here

Mayo Clinic Research

The Chronicle took a psychological perspective on reducing stress and caring for the whole self. Steps such as personal time or volunteering can help to brighten each day a little more. During the holidays, try to have realistic expectations and remember the meaning behind the celebration because families may not gather and loved ones may be ill. Also, consider finding support such as a mentor to help relieve some of the stress. Mayo Clinic also offers suggestions for reducing stress. They encourage maintaining a healthy sense of humor, reserving time for a hobby, regular physical activity, and relaxation techniques such as yoga. Hopefully, these tips will be helpful. Visit the Chronicle and Mayo Clinic websites to read more about their advice and mentoring benefits.