

# Mentoring & Coaching Monthly

Volume VIII • Issue XII • December 2021



## Table of Contents

Editor's Letter.....	2
Senior Winter Check List.....	3
Isolated Connections.....	4
Mentoring Opportunity.....	5
K-12 Mentoring Program.....	5
Winter Break Program.....	6
The Science of Mentorship.....	
Holiday Self Care Tips.....	8

**Institute Founder  
& Executive Editor:**  
**Nora Dominguez**

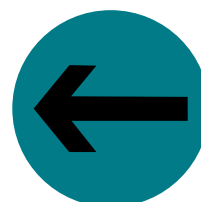
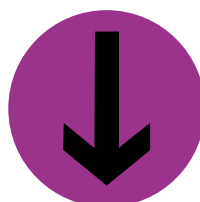
**Managing Editors:**  
**Elena Martinez**  
**Jaiden Torres**

**“Allow Time And  
Circumstance Not  
Ego And Vanity  
To Reveal Your  
Wisdom.”  
– Yohancé Salimu**



## In This Issue

Welcome to the December 2021 issue of Mentoring & Coaching Monthly. This month MENTOR is celebrating disability inclusion. MENTOR shares information on how mentoring can positively impact individuals with disabilities and discusses programs that seek to expand mentoring for people with disabilities, such as the National Disability Mentoring Coalition. With the winter season approaching, we discuss self-care tips for this time of year. The winter season can be an excellent time for mentors and mentees to connect. This edition covers tips on how mentors can approach and celebrate the holiday season with their mentees.



# Editor's Letter

Welcome back to Mentoring and Coaching Monthly for our December issue! With winter and the holiday season approaching, this edition covers winter self-care tips and advice on how mentees can approach the holidays with their mentees.

This December, MENTOR focuses on the importance of mentorship for youth with disabilities. MENTOR is teaming up with Partners for Youth Disabilities to offer youth mentoring programs in the U.S. full membership in the National Disability Mentoring Coalition (NDMC). The National Disability Mentoring Coalition is dedicated to increasing awareness and quality of mentoring for people with disabilities.

The National Academies of Sciences, Engineering, and Medicine created a podcast called The Science of Mentorship. The podcast covers different topics in mentoring and includes personal mentorship stories from STEMM leaders. The podcast just came out with two new podcasts titled Mentoring in a Post-2020 World and The Mentee Becomes the Mentor.

Lastly, Explora is offering winter camps and scholarship opportunities for young kids and teens. The winter camps are a multi-age collaborative experience that offers various STEAM-based learning activities for kids and teens. Explora's STEM Scholars program provides scholarships for high school seniors pursuing STEM studies. Thank you for joining us for the latest in mentoring and coaching!



# Mentoring Programs

## Mentoring Youth with Disabilities

Over 30 years ago, the Americans with Disabilities Act (ADA) was signed into law in the United States. This law prohibits discrimination against people with disabilities in several areas and ensures that they have the same opportunities as everyone else. While we have made significant progress in reaching this goal, there is still a long way to go. In order to guarantee that people with disabilities have the same opportunities as everyone, that means that being inclusive in mentoring is crucial.

The benefits of mentoring programs for youth with disabilities include academic, career development, life skills, mental health, and quality of life. Representation matters as well. The impact of a program with mentors who also have disabilities is much more substantial than one without.

MENTOR is partnering with Partners for Youth with Disabilities to offer youth mentoring programs in the U.S. membership in the National Disability Mentoring Coalition and access free training on running inclusive mentoring programs. Partners for Youth with Disabilities provides programs for youth and adults with disabilities that focus on mentoring, career readiness, theater arts, and leadership development. These programs aim to build disability pride, leadership skills, and community involvement, and ensure that youth are



successful in school and in finding a job. The National Disability Mentoring Coalition is another organization that aims to raise awareness about the importance of mentoring in the lives of people with disabilities. Their goal is to increase the number of disability mentoring programs in the United States.

[Read the article here](#)

[More information here](#)

[Certificate opportunity](#)

# Mentoring Programs

## Mentoring During the Holidays

During the winter season, many different holidays and celebrations take place. Christmas, Hanukkah, and Kwanzaa are all different celebrations from November to January. The holiday season can be an excellent time for mentors to connect with their mentees. However, the holidays may also be a challenging time for some people. Here are some tips and strategies for approaching and celebrating the holidays with your mentees.

Take a slow approach and be mindful of the various situations that everyone has during the holidays. Keep in mind that everyone celebrates different holidays and traditions. Some may not even celebrate any holidays or traditions. Ask generic and open-ended questions about what your mentee's plans are for the holidays, such as "What are you looking forward to over the break?" or "What are your plans for the break?" However, be mindful that not all mentees may not want to discuss their holiday plans and respect their decision if they wish to not talk about it. Ultimately, let your mentee initiate the conversation about the holidays.



Winter is known to be the season of giving! There are plenty of ways to give back during the holiday season, and you can do some with your mentee. Volunteering is an excellent activity to do with your mentee. Make or donate blankets to a homeless shelter. Donate toys, food, or clothing to a drive. Make cards and hand them out to an elderly care home.

Also, use this time to discuss things that you are grateful for with your mentee. Please take a few minutes with your mentee to express your gratitude for them.

[Read the article here](#)



# Tips and Tricks

## Self-Care Tips for the Winter



[Read the article here](#)

[More information here](#)

[More tips here](#)

[More tips here](#)

[Seasonal Affective Disorder](#)

For many, the winter season means celebrating the holidays and spending time with loved ones. However, it may also be stressful for some, and many can experience the “winter blues.” Consider these self-care tips if you find yourself feeling down.

Harvard Health recommends scheduling time for self-care activities, such as exercise or a favorite hobby, at around the same time every day. Engaging in mindfulness, meditation, and deep breathing techniques are also good ways to ground yourself. Practicing gratitude is another great exercise to help if you are feeling down. Research shows that practicing gratitude can increase your quality of life and help you to remain positive. Start a gratitude journal and write down at least one thing you are grateful for each day. Monitor your stress level and check-in with yourself at various times during the day. Reflect on what may be causing you stress and take a few minutes to engage in a relaxing activity, such as going on a walk or meditating.

The winter months are known for getting dark at earlier times in the day. A lack of sunlight and vitamin D may lead some to feel depressed. Select Health recommends taking Vitamin D supplements or trying light therapy to help. Also, ensure that you are taking care of your physical health as well. Staying hydrated, eating well, getting enough sleep, and moving your body are all vital to mental health along with physical health.

Seek support from friends or family and talk about your struggles with them. Talking about how you’re feeling can help you navigate your feelings and find a solution for your stress.

# Insider's Look

## Once a Mentee

In his book, Brian Dixon provides one simple mantra to help people find success in all aspects of their life: Start with your people.

This book focuses on maximizing your relationships with others and discusses how the people-first mindset can help you succeed. Many people are task-

*“Every day we have a choice: to have a people-first mindset or a project-first mindset.”*

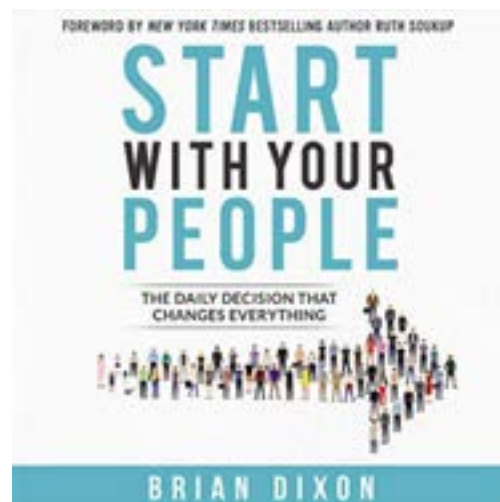
oriented instead of being relationship-focused. Dixon discusses the importance of focusing on the relationships we have with others. Dixon shows that one can be successful, whether it be in their career or academics, and still work with others. Focusing on people's feelings and asking questions will make people feel understood and improve our relationships.

The book is split into three parts: People, Purpose, Profit. Part 1 focuses on one's relationships at home, work, and in life and challenges one to reconsider how they see them and interact with the people in their lives. Part 2 covers purpose and how one can find and

accomplish it while also creating a healthy network of people. The last part focuses on how to think about making a profit while you are building a business.

This book is not just meant for those in business. This book is perfect for anyone -- a college student, CEO, stay at home parent -- who wants to succeed in their life.

Brian Dixon has a doctoral degree in education technology from the University of San Diego. He is an entrepreneur and business coach who works with nonprofits, universities and coaches students to help them achieve their goals.



[Buy the book here](#)

# Insider's Look



The National Academies of Sciences, Engineering, Medicine is a nonprofit organization that seeks to provide objective information and advice to guide policy with evidence. This year the organization came out with a podcast titled The Science of Mentorship. This podcast explores how mentorship is vital to anyone in STEMM (science, technology, engineering, mathematics, and medicine) careers. STEMM leaders such as astronaut Dr. Ellen Ochoa share personal stories about their experience with mentorship. Each episode discusses evidence-based mentorship skills that should be used to increase STEMM students' potential. This podcast is perfect for mentors, mentees, or anyone that has a role in STEMM leadership. The podcast recently came out with two new episodes. The first, Mentoring in a Post-2020 World, discusses how the COVID-19 pandemic drastically changed our lives and created many challenges. Students and postdocs share how they were impacted by the pandemic and their thoughts on virtual mentoring in the episode. The other episode, The Mentee Becomes the Mentor, discusses the cycle of mentoring relationships. If a mentoring relationship is effective, the mentees begin the process again, this time acting as a mentor. Along with all 20 other episodes, these episodes are available through their website, Spotify, and Google Podcasts.



[Listen on Apple](#)

[Other streaming services](#)

# This Month

## Scholarship Opportunity

EXPLORA is offering STEM scholarships and in-person winter camps for teens and young children this winter! EXPLORA is a hands-on learning science center and museum for people of all ages located near Old Town Albuquerque.

From December 20 to December 29, Explora is offering in-person camps for grades K-8th. These camps provide interactive programs with STEAM (science, technology, engineering, art, and math) activities and enrichment. Some of the camps include Science on Ice, in which elementary kids perform experiments that reveal how cold winter can get, and Beautiful Science which explores the science of soaps. Explora's Winter camps are now open for registration.

The 2022 STEM scholarship application is now open. It will be offering scholarships to high school seniors of color who are pursuing STEM studies in higher education institutions or trade schools in New Mexico. EXPLORA established the STEM Scholars to address the underrepresentation of Black, Indigenous, and Hispanic professionals in STEM fields. According to their website, these groups make up 30% of the United States population, yet only 16% make up professionals working in STEM careers.

Each scholarship is \$2500 and will be awarded on a competitive basis. Award selection is based on academic merit, personal strengths, and a letter of recommendation. The application deadline is February 28, 2022.

[Explora](#)

[Winter Program](#)

[More Information](#)

