

Mentoring & Coaching Monthly

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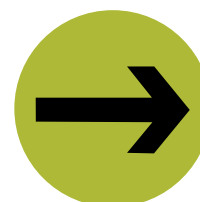
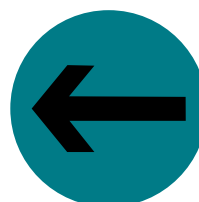
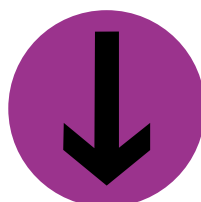
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“If you want something extraordinary, dream, dare, do it with great mentors.”
— Shirley Liu



In This Issue

Welcome to the January 2022 issue of Mentoring and Coaching Monthly. In this issue, we celebrate National Mentoring Month and cover events this month, including the National Mentoring Summit and Capitol Hill Day. Please read about the American Student Association and the opportunities they offer for students to explore career and college options. We also cover tips and tricks to help prepare for the new year, whether in your personal life or your mentorships. Watch and listen to a TED talk by Shirley Liu about how the power of mentoring can change the world.



Editor's Letter

Welcome back to Mentoring & Coaching Monthly for our January issue! January is National Mentoring Month. National Mentoring Month is dedicated to recognizing the importance of mentoring and spreading awareness about how it can help people reach their full potential and encourage others to explore how mentoring programs can benefit their organizations. National Mentoring Month was founded by the Harvard T.H. Chan School of Public Health and MENTOR in 2002. During this month, take the time to appreciate your mentors and think about how mentoring has positively impacted your life. Join us in celebrating National Mentoring Month this January!

This month MENTOR is hosting its 12th Annual National Mentoring Summit and Capitol Hill Day in Washington DC. The Annual Mentoring Summit is an opportunity for those in the mentoring community to come together and discuss a mentoring agenda to strengthen programs and practices. Capitol Hill Day connects members of Congress with people in the mentoring movement to discuss current issues and ways to expand mentoring opportunities. Please continue reading to find out more information about these events and how to register for them.

The American Student Association (ASA) is an organization that is dedicated to helping students feel prepared for their futures. They tackle various issues students face, including lack of career exploration and limited access to hands-on learning experiences. The ASA has partnered up and provided grants to many programs such as the Massachusetts Innovation Pathways, Boys and Girls Club, World of Work, and Big Picture Learning in order to address these issues.



Mentoring Programs

National Mentoring Summit

MENTOR is hosting its 12th Annual National Mentoring Summit from January 26-28, 2022. The National Mentoring Summit brings together people who represent the mentoring movement, including youth leaders, researchers, and government and civic leaders. This year it will take place at the Renaissance in Washington DC Downtown and will also be virtual. The featured speakers include Dr. Miguel A. Cardona, the current Secretary of State, Clif Smith; author of the bestselling book, *Mindfulness Without the Bells and Beads*; and Abigail Hollingsworth, the current Senior Vice President in Global Environmental, Social, and Governance at Bank of America.

Capitol Hill Day will take place on Wednesday, January 26, 2022. Capitol Hill Day is a day in which members of Congress and their staff talk with mentors, advocates, and young people about issues affecting the youth and legislation and policies that can be implemented to expand mentoring opportunities. This will be a virtual event and is open to all those registered for the Summit in the US. Capitol Hill Day participants will attend a virtual training on January 24 to prepare for meeting with Members of Congress. The deadline to register for Capitol Hill Day is January 14.



[Read the article here](#)

[More information here](#)

Mentoring Programs



Career Readiness

American Student Association is an organization that has focused on helping students pursue a college degree for the past 60 years. ASA provides grants to several organizations and educators that share their mission of providing career exploration curriculum, expanding access to experiential learning opportunities, and delivering early college and career pathway programs in high-need communities.

One of the issues students currently face is a lack of access to career exploration activities. Many schools lack the resources and the funding to implement these activities into their curriculum. ASA supports funding for different programs that help students' exposure to career interests and skills. One of the programs that ASA supports is the Massachusetts Innovation Pathways, designed to give students exposure to career options and help them develop skills that apply to their chosen careers.

To expand access to experiential learning, ASA has proposed increased opportunities for internships. This would include offering financial incentives for employers to provide internships and make changes to high school graduation requirements that would count internships for credit.

Lastly, there is limited knowledge of post-high school credentials and how to fund these programs. The ASA wants to increase public understanding of postsecondary credentials so that students can make more informed choices

about their future. The ASA also wants to expand funding for these programs. The Massachusetts Business Alliance for Education is one of the organizations that supports a plan to make sure every student is prepared for college and a career. To support this initiative, MBAE advocates for financial incentives awarded to schools for every student who earns an industry certification for a high-employment job and an annual list of occupations requiring an industry credential.

ASA

[More information here](#)



Tips and Tricks

New Year Preparation



[Read the article here](#)

[More information here](#)

The new year has just begun! The new year is the perfect time for new beginnings and goals. Here are some tips and ideas for starting your new year strong in your personal life and as a mentor.

Reflect on life lessons you learned last year. Think about what worked for you and what didn't. After reflecting on lessons you've learned, think about how you can apply them to this year. Start setting goals for yourself and think of what you would like to accomplish. Set realistic goals and prioritize them in order from high to low priority. Don't overwhelm yourself with too many goals or unattainable ones. Think about the most important things you would like to accomplish and spread them out over time.

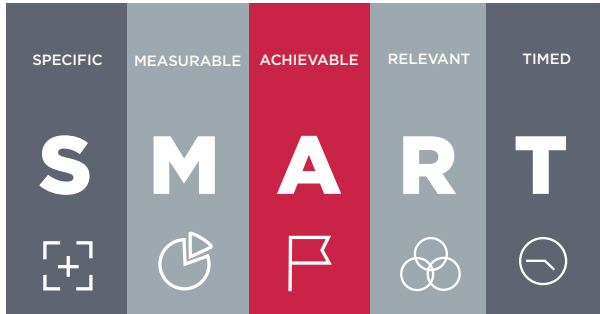
Reduce the clutter from your life to create a clean and comfortable environment. Creating a welcoming environment is one step to help accomplish your goals. This can include your home and work environment. Also, reduce any other negative entities that could be stopping you from reaching your goals. Along with that, focus on self-care and prioritize your mental health this year. Take time for yourself and do things that bring you happiness.

This year, make time for your mentorships. Get to know your mentee better. Understand your mentee on a personal level and get to know their goals. Ensure that your mentees believe that they are supported and encouraged. Become an active listener instead of dominating the conversation. While mentorships can help the mentee learn, the mentor can also learn a lot about themselves from talking to others.



Tips and Tricks

Using SMART Goals



[Read the article here](#)

[More information here](#)

As the new year has begun, setting new goals is vital to many. The SMART model is an excellent approach to goal-setting for mentors and mentees. The SMART model has been proven to be an effective method in setting and achieving goals in a mentorship. SMART stands for Specific, Measurable, Achievable, Realistic, and Time-bound. First, begin by having your mentee communicate a goal they would like to achieve. Goals should be as specific as possible as vague ones can be difficult to achieve. A mentor and mentee should then start to think about how long it will take to achieve a goal. It is helpful for there to be a tangible outcome to use as a measure of success. Set achievable goals that are reasonable considering your time frame, skills, and knowledge. It is easier to take action towards goals that are attainable. It is important that a mentee set realistic goals within their reach. Setting smaller goals is more productive and achievable. In the SMART model, a timeframe is crucial to ensure that progress is being made toward goals. Hard and tight deadlines may feel too overwhelming but set up a reasonable timespan for goals. Using this method will give your mentee the focus and motivation to help them achieve their goals within a given time.

Insider's Look

Why the Power of Mentoring can Change the World

Shirley Liu opens her TED Talk with these short but encouraging sentences. Shirley Liu is a successful global executive and a strong advocate for mentoring. Liu shares her story of mentoring two very different mentees and the lessons she learned about life and social change. One of them was a student studying for her two master's degrees, while the other had no higher education and was struggling financially. Although the two women had completely different life circumstances and experiences, Liu said they were similar at their core.

*"They
were a perfect
mirror of each
other," Liu
states.*

Liu says that "mentoring is an act of kindness" that needs to happen more often. Liu states that currently, only one percent of people in the US are in a mentoring relationship. Liu argues that mentoring should be a mainstream activity for the betterment of the entire

world. Research has shown that mentoring significantly helps those from low-income families go to higher education and helps those in unemployed communities stay in a secure job.

Liu describes mentoring as a two-way healing process. She talks about how she learned from her mentorships as well as teaching her mentees. Joy should come from helping others, which can be found in mentoring.

*"When two people
come together at
the moment of contact
when one flame lights
another, both people
end up shining a little
brighter."*

[See the TedTalk here](#)

This Month

National Mentor Month

This January marks the 20th anniversary of the annual National Mentoring Month. National Mentoring Month was founded by the Harvard T.H. Chan School of Public Health and MENTOR in 2002. National Mentoring Day has been recognized yearly by the US president and administration. This month is a time to celebrate mentorship and reflect on the impact it can have on people's lives. National Mentoring Month is dedicated to recognizing the importance of mentoring and spreading awareness about how it can help people reach their full potential and encourage others to explore how mentoring programs can benefit their organizations. Throughout January, there are several days dedicated to different aspects of mentoring. January 7 is "I Am a Mentor Day," a day for mentors to celebrate their role as a mentor. January 17 is International Mentoring Day, and January 27 is "Thank Your Mentor Day," a day to show gratitude for your mentor.

MENTOR

Chronus

Harvard T.H. Chan

