

CIBC kâspohtamâtôtân Mentorship Program

What services do we offer??

- Our Mentors assist First-year students make a smooth transition into university or post-secondary institution of their choice.
- Our Mentors offer support for their mentees with resources, based on a one-on-one situational need.

Become a Leader: be a Mentor!



BECOME INVOLVED:

Do you have what it takes to become a Mentor??

Are you:

- an Aboriginal University student with a 65% average? (after successful completion of one semester of studies)
- able to complete a criminal records check?
- able to commit time to your mentees?
- have good listening skills?
- able to be an advocate for your mentee?
- a good role model?
- motivated and proactive?
- Do you possess strong leadership skills?
- Do you have good communication skills?

Make a difference in a mentee's life!



Roles/Responsibilities:

Mentors agree to:

- Guide their mentee through the AMP
- Schedule and meet weekly for a minimum of 1 hour
- Be available to meet at other times as needed.
- Schedule, plan collaborative teaching experiences, observations and

professional development to acquire new skills

- Participate in mentor/mentee meetings, events, activities, etc.
 - Keep records/logs pertaining to contact, times, content, goals and professional development
 - Participate in mentor training when appropriate
 - Orientate their mentee to the university and community
- **Stop by our office and fill out an application, or call and we can e-mail you a Mentor application.

So you want to become a Mentee?

- High School student (Grade 8 – 12)
- Accomplish career goals – explore all post-secondary options
- Strengthen communication skills
- Receive support and guidance
- Enhance personality qualities
- Learn in a safe environment, understand cultural aspect
- Learn new social skills
- Make new friends
- Be motivated!



“Be a Mentee today and watch your life unfold in front of you, as it were meant to be!”

Mentee Commitments:

- Contact your mentor once a week to update your educational needs (applications for school, employment, funding)
- Attend Mentorship Program events
- Keep contact information current
- Check your e-mail once a week for updates of program or special events / announcements.

Benefits:

- Professional Leadership skills
- Communication skills
- Recognition
- Build self-esteem
- Enhance Problem solving techniques

The friendly staff are here to assist you achieve success at the Aboriginal Student Centre! Stop by and say Hello!

Contact us:

Mentorship Program Coordinator
Aboriginal Student Centre
College West 117
University of Regina
E-mail us at:
aboriginalstudentcentre@uregina.ca
(306) 337-3203 (phone)
(306) 337-3153 (main line)
(306) 337-3158 (fax)
<http://www.uregina.ca/asc>

Aboriginal Student Centre

The Aboriginal Student Centre is a link between Aboriginal students and the many student services offered at the University of Regina. The Centre will help you make a successful transition to University life and help you to realize the achievement of your educational goals.

The Aboriginal Student Centre has many services you can use, including:

- Pre-Admission Counseling for Aboriginal students entering the University.
- Access to Aboriginal Elders to assist and support you in your academic success and also provides cultural and personal support.
- Access to student support services, faculty advising, and the opportunity to learn about student awards and scholarships.
- Attend one of our weekly seminars that focus on personal, career development and academic success.

UR Voice Luncheons

Throughout the school year the U of R hosts monthly lunches for Aboriginal students from all faculties and federated colleges. This is your chance to:

- Meet other Aboriginal students from all across campus
- Have a voice and give input into what the University could do to enhance your educational opportunities

And Yes, lunch is free!

For more information contact:

Aboriginal Student Centre
306-337-3153
306-337-3158 (fax)
aboriginalstudentcentre@uregina.ca
www.uregina.ca/asc



UNIVERSITY OF
REGINA

ABORIGINAL STUDENT CENTRE

CIBC kâspohtamâtôtân
V*s{cNdC&
Mentorship Program

Get AMP'ed today!

BE A MENTEE

**BECOME A LEADER, BE A
MENTOR!**

**Only YOU can
MAKE A DIFFERENCE!**