

MAP

Monterey Institute Ambassador Program

Peer Mentor Project



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An affiliate of Middlebury College

Introduction

- “I was inspired by the mere success of my mentor, the shared experiences about her road to success was a guiding light which motivated me and helped me understand that many before me struggled and achieved.”

-Sandra Garrick

Middlesex County College/Rutgers Law School

<http://www.middlesexcc.edu/msa/control.cfm/ID/850>

Program Mission

- The mission of the MAP program is to help ease a new student's transition to graduate work and life in Monterey as well as to initiate new student interactions with established students with the intention of encouraging professional networking, information sharing, friendships and community at the Monterey Institute of International Studies.

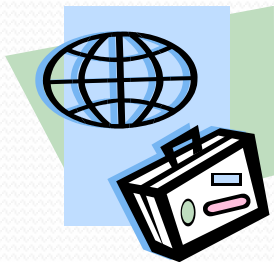


Program Goals

- Initiate interaction among new and established students
- Help new students transition to MIIS academic and student life
- Offer opportunities for student leadership
- Inspire the development of friendships and community
- Foster peer networking that can lead to professional development opportunities
- Encourage student involvement in campus and community events

The Role of the Mentor

- Welcome new students into Monterey Institute community
- Provide additional campus/community support
- Share information and knowledge gained by experience as a student at the Monterey Institute
- May become a contact for professional networking



Mentor's Responsibilities

- Contact mentee before classes commence
- Meet mentee during orientation or first week of classes
- Attend MAP-organized social event
- Make regular contact with your mentee
 - Around 1 time/week at beginning of term
 - Via email and in person
 - Contact may become less frequent throughout semester

Mentee's Responsibilities

- Contact Mentor before first week of classes
- Meet with Mentor in person during first week of classes
- Keep in touch with Mentor once a week by email, phone or in person throughout the semester.
- Attend MAP social events



MAP Program Timeline

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

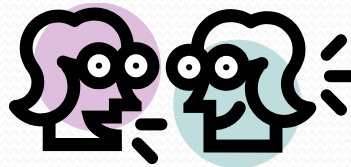
Contact mentor

Attend MAP-organized social event

Contact each other before finals and the holidays

Maintain regular contact with your mentor

Meet mentor at Orientation or during first week of classes



Plan to meet in person again at least once



Receive email from MAP with your mentor's contact info



Culture Shock

- One definition of culture shock is the feeling of confusion and disorientation that people experience when confronted with a large number of new and unfamiliar people and situations. ¹
- Symptoms that can be experienced include uneasiness, homesickness, psychological panic, lethargy, hypersensitivity, depression, unhappiness, irritability, lost of perspective, insomnia, headaches, and more. ²
- Anyone experiencing a new culture and surroundings can experience culture shock.

Sources: 1. Althen , Gary, 2003. *American Ways* 2nd edition. Boston, MA: Intercultural Press.

2. Morris, Patrick. *International Friends Program: Participant handbook*. Duke University.

Please keep in mind...

- Your mentor is not a therapist, nor should they take the place of Student Affairs support for students. Please refer to the appropriate offices and resources on campus when necessary.
- You are in this program to receive peer support. You might become friends or a professional networking contact with your mentor as a result of your time together in this program, however friendship and networking is not required.

Please keep in mind...

- If you find that you are not a “good fit” with your mentor, please let the MAP program coordinator know as soon as possible.
- Please discuss your expectations for your mentoring relationship in terms of how often you wish to correspond, if you would like to meet in person more than once in the beginning, etc, in order to avoid misunderstandings.
- Please be respectful of each others beliefs and culture.

Other Programs to Note

Various programs exist on campus to greet incoming students. MAP Program participants are encouraged to share information about these programs with each other when applicable. Some examples are:

- Office of International Services Fellowship Program
 - Greets incoming international students before the semester begins. Is available to answer questions for incoming international students.
- Chinese Student Association:
 - Available to answer questions and support all new incoming students who speak Chinese.
- Graduate School Activities
 - Each school has various activities for incoming students and established students to encourage community and networking.

Upcoming MAP Events

- Brown Bag Lunch
- MAP Panel
- MAP social events

Resources

- Please feel free to contact the MAP Program Coordinator, Gail Lu anytime at gail.lu@miis.edu or Peermentor@miis.edu or by phone at 831-647-3586
- Also, the following will be sent to you via email:
 - Tips for mentors/mentees
 - Resources available at Student Affairs
- MIIS Incoming Students Facebook at
 - <http://www.facebook.com/group.php?gid=19351309749>