

MAP

Monterey Institute Ambassador Program

Peer Mentor Project



Gail Lu

Coordinator of Student Services

Monterey Institute of International Studies

An affiliate of Middlebury College

Introduction

- "Watching/helping others allows me to see where I have been. It helps me to reflect on my past to better design my future."

–MentorNet Mentors

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.

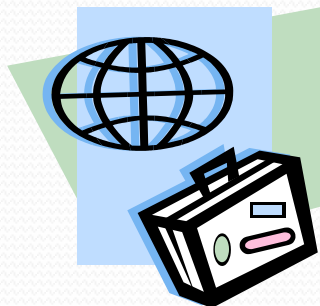


Program Goals

- 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

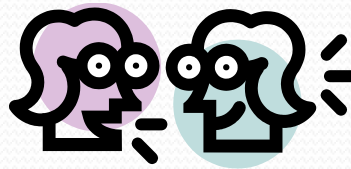
Contact
mentee

Attend MAP-
organized
social event

Contact each other
before finals and the
holidays

Maintain regular contact
with your mentee

Meet mentee at
Orientation or
during first
week of classes



Plan to meet in
person again at
least once



Receive email from
MAP with your
mentee'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, hyper-sensitivity, 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...

- You are not a therapist, nor should you take the place of Student Affairs support for students. Please refer your mentee to the appropriate offices and resources on campus when necessary.
- You are in this program to provide peer support. You might become friends or a professional networking contact with your mentee 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 mentee/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>