

The background features abstract, layered textures in shades of red and blue. A solid black rectangular box is centered on the page, containing the title text in white. The overall aesthetic is modern and professional.

# VIH Mentoring Program: Introduction

Dear Mentee and Mentor,

You are about to embark on your first international experience, and later, use your newfound skills and knowledge to make a positive impact on your local community. How will you make the most out of these mentoring sessions so as to prepare yourself for the challenges ahead?

Your mutual goal today is to get to know each other. The questions on the slides that follow are a guide. Use them, as well as any additional questions you may have for each other, to start to form the basis for your relationship. I hope that this Mentoring Program results in a beautiful relationship as well as an opportunity to take your leadership skills to the next level!

Sincerely,

Sarah Wagner

# A Note from the VIH Program Director



# Mission

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The Mission of the VIH Mentoring Program is to strengthen our inter-cohort and intra-cohort networks to the end of developing the VIH awardees' skills, deepening the relationships between the VIH awardees, and enhancing the impact of the VIH awardees on their local communities.

# Introductions

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- Mentor, describe your VIH experience and how you prepared to go abroad and complete your CEE.
- Mentee, how would you describe a successful international experience and how will you position yourself to make the most out of this opportunity?
- If you could have a cup of coffee with one person (alive or deceased), who would it be?
- Over the course of the next three years, what impact would you like to make on your community?

# Functions of Mentoring

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There are different aspects to mentoring and each mentoring relationship is different. This slide outlines some of the general goals of mentoring.

What do you hope to gain from the VIH Mentoring Program? Consider your own development in terms of the following areas:

- Preparation for international experience
- Self Growth
- Exposure to new networks
- Role Modeling
- Guidance in the CEE

# VIH Mentoring Modules

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Module	Description	Date/Time
Making the Most of VIH (spring)	Discuss ways to optimize the VIH experience	
Relationship Building (spring)	Discuss ways to develop relationships within and outside of the VIH Program	
Preparing for your international Experience (spring)	Discuss ways to prepare for the international experience	
Debrief the International Experience (fall)	Meet after the mentee's international experience to begin digesting the experience	
CEE Guidance (fall)	Discuss approaches to the CEE	

# Make a Plan

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Work together to choose dates and times when you will cover the above five VIH Mentoring modules. Three modules are to be done in the spring and two modules are to be done in the fall. We recommend that you set up a standard time to meet each week.

- What's the best way to reach you?
- Describe your organizational style
- Best time to meet

# Setting Goals

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- Mentee: write down one of your goals for the VIH Mentoring Program?
- Mentor: Write down one goal that you want to achieve by being a mentor?





# Create Action Steps: SMART Goals

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- What are Specific, Measurable, Attainable, Relevant, and Timely steps that you will need to do to accomplish this goal?

Share:

- Give each other feedback on ways to take your respective goals to the next level

**S**pecific: Is your goal clearly defined?

**M**easurable: How will we know if we reached our goal?

**A**ttainable - Can the goal be reached?

**R**elevant - Is your goal meaningful and pertinent?

**T**imely - Did you establish a timeframe and deadlines?

Remember this framework as you  
begin to set goals for your international  
experience!

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# Advice from a Mentor

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Mentorship is a multitude of roles and responsibilities that enables the mentor to guide, teach, aid, and assist their mentee in preparing for their study abroad experience. As a mentor, you are provided with the opportunity to not only share your global experience, but to reflect on it as well. This becomes an enlightening experience for your mentee as she prepares to step into her own global experience in a new host country. A mentor does not only take on the leadership role in the mentor-mentee relationship, but takes on the backseat role as well. To be able to sit back and listen to the wants and needs of your mentee is important as well as being able to guide them with the information about your own experiences.

As a mentor, you should be a comfort ground for your mentee as well as a source for all types of questions and concerns. The relationship you form with your mentee as a mentor does not fade once mentorship is over. Your mentorship can be a lifetime relationship if you foster it. We serve as a role model, and a physical symbol of HOPE for the individual. We show them that we were once in their shoes, and that THEY can do it too! As a mentor, you become your mentees ultimate supporter and role model. Nurturing is our special trait in this type of relationship, for which we help them grow into their skin and break out of their shell, helping them become the person they want to be.

By Moesha Godwin, Mentor | Wayensburg University, Australia

Marla Holland, Mentee | Waynesburg Univeristy, Australia