

HONORS STUDENT ENROLLMENT

Name

E-mail

Address (local)

Phone

Cell Phone

Major

Minor

Year in School (circle one):

Fr Soph Jr Sr

Career Goals or Area of Interest:

**Please tear off and return to Senior
Professionals, Campus Box 8610**

SUGGESTIONS FOR INTERACTION

- ◆ Phone calls or e-mails
- ◆ Postcards from trips
- ◆ Small gifts
- ◆ Meal in restaurant (may include spouse)
- ◆ Sharing interests/hobbies
- ◆ Preparing a home-cooked meal together
- ◆ Local school tours
- ◆ Visiting local sights
- ◆ Exchange birthday cards
- ◆ Attend Mornings with Professors lectures
- ◆ Theatre productions on campus or in community
- ◆ Entertainment at Braden, Cultural Center, or Coliseum
- ◆ Meal at the mentor's home
- ◆ Exchange meaningful books
- ◆ Visits to classes and student events
- ◆ Meals in residence hall dining center
- ◆ On-site professional visits
- ◆ "Shadowing" a professional in the field
- ◆ Finals care package

309/438-2818 ◆ srprof@illinoisstate.edu
www.seniorprofessionals.illinoisstate.edu



ILLINOIS STATE UNIVERSITY



MENTORING PROGRAM

for

**HONORS
STUDENTS**



**SENIOR
PROFESSIONALS**
Illinois State University



SENIOR PROFESSIONALS

Illinois State University

WHAT IS OUR PURPOSE?

- ◆ To match college Honors Students with Mentors from the community who have made significant contributions in their career field
- ◆ To enhance the college experience of the Mentee by providing opportunities for civic and social involvement with a Mentor
- ◆ To provide the mentee with local support, companionship, and guidance as desired
- ◆ To build an enriching relationship between Mentor and Mentee, perhaps lasting a few years

Contact between mentor and mentee is the cornerstone of a successful mentoring program. The mentor may want to make the initial contact by either phone or e-mail.

“ I know that having a mentee has enriched my life. Maddie has astounded me with her insights, her thoughtfulness, and her good humor. She'll make a great teacher!
---- Peg Kirk, Mentor **”**

HOW DO WE GET TOGETHER?

Once matches are assigned, usually the Mentor makes the initial contact by phone or e-mail. But either can make the first move

Both Mentors and Mentees tend to be busy people. Persevere. Plan a simple coffee date or lunch.

If the Mentor or Mentee does not receive contact in a timely manner, please contact the Senior Professionals Coordinator at (309) 438-2818.



Winners of the Charles Bolen Award, with Mentoring Chair, Darrel Sutter

WHAT SHOULD WE EXPECT FROM EACH OTHER?

- ◆ Try to get together at least twice each semester (See back page for suggestions for interactions.)
- ◆ Mentees often enjoy having exposure to resource persons and/or experiences that relate to their career plans. (Mentors can often rely on other Senior Professionals to help make connections to local specialists in the Mentee's field.)
- ◆ Mentors are interested in what it is like to be a college student today
- ◆ Both Mentor and Mentee can expand their horizons by exploring together what the Bloomington-Normal community offers in athletic, light entertainment and cultural events
- ◆ When travel or busy schedules get overwhelming, both can stay in touch with phone calls, e-mail or letters

SPONSORED EVENTS

- ◆ Annual Spring Celebration (awards, entertainment, and--you guessed it--food!)
- ◆ Sandwich supper (food and contests)
- ◆ Pizza supper (more food and entertainment)
- ◆ Mini-socials (get-togethers of small groups of Mentees and Mentors, sometimes in related fields -- could be in a restaurant or private home)

CHARLES W. BOLEN AWARD

Senior Professionals was the brainchild of Dr. Charles Bolen, retired professor of music and Dean of the College of Fine Arts. He is now deceased. Dr. Bolen's hard work resulted in the formation in 1989 of this organization, which provides partnerships among retired people, ISU students, faculty and the community.

Starting in 1994, the Charles Bolen Award has been provided by the Senior Professionals to Honors Students who participate in the mentoring program. Each year three \$1,000 awards are given to students whose service to the community is outstanding.

“ I have many questions regarding the practical application of my college experience. These questions only seem to multiply the more I let them bounce around inside my head. Thank you for being a mentor and helping me to answer some of these questions. It is a wonderful service for myself and other students.---- Stephen Stanger, Mentee **”**

MENTOR/MENTEE PAIRINGS

The Senior Professionals Coordinator and the Mentoring Committee Chairperson will create pairings. This procedure is usually possible within the first few weeks of the semester.



“ I could not have been selected for the Business Week honor if I had not been a part of Senior Professionals and the relationship I have with my mentors. It is such a good program . . . and I'm just glad I decided to take part in it nearly four years ago!---- Kevin Reese, Mentee **”**