

COES Mentees,

I hope that your Winter Quarter is off to a great start! With so many breaks this quarter, it can be challenging to keep your mentoring relationship on track. *Research shows that you benefit from the expanded networks and opportunities for collaboration that mentoring provides.* As always, the goal of our monthly **e-newsletters** are to provide information on resources, upcoming events, mentoring tips and other items of interest designed to help you be more effective.

**\*Grab a Cup of Joe.** There isn't much time to meet with your Mentor in December, so stop right now, email them and make an appointment to chat over a cup of coffee or hot tea at Java City inside Tolliver Hall. Remember - you don't benefit from mentoring if you don't make it a priority!

**\*Make the Most of the Breaks.** Winter Quarter has three breaks this year: Christmas, Martin Luther King Day and Mardi Gras. Plan now to use this time to get some key goals accomplished - finish that paper, get the jump on your next grant, get out from under that mound of grading. Your accomplishments for this year's annual evaluation are due in February, so time is short!

**\*HotelPlanner.com.** The rules have changed, again! As of November 10, faculty are NOT required to use the [HotelPlanner.com](http://HotelPlanner.com) site to book designated conference hotels and pay the published conference lodging rate. All other provisions regarding the use of [HotelPlanner.com](http://HotelPlanner.com) are still applicable.

**\*Carols & Cocoa.** Tech's University Chamber Singers will present their annual acapella Christmas program Tuesday, Dec. 16 at 7:30 PM in the Rotunda of the Biomedical Engineering Building. Come enjoy come cocoa and cookies, along with a fantastic music program.

#### **Mentoring Tip for December:**

**\*4 Work-Life Balance Tips for People in Work-Hard Cultures.** Academia certainly qualifies as a work-hard culture. Check out these four simple but interesting and practical tips for finding "some balance in the imbalance":  
<http://www.forbes.com/sites/dailymuse/2014/11/04/4-work-life-balance-tips-for-people-in-work-hard-cultures/>

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