

COES Mentees:

Happy Mardi Gras! I hope that you had some time to relax and get caught up with some work over the Mardi Gras break. Winter Quarter is almost over, so I hope that you have had an opportunity to meet several times with your Mentor. *Research shows that mentoring provides you with access to the informal information network at the institution.* 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.

***Renew Your Efforts.** Sometimes, Mentor/Mentee pairs get derailed in mid-year with all of the breaks and don't meet as often. Stop NOW to plan your next meeting - email your Mentor right now to schedule a day/time. While you are at it, go head and put your spring meetings (once a month) on your calendars. Mentoring provides many benefits for both Mentor and Mentee, but only if you commit to meeting on a regular basis! With all of Spring Quarter ahead, it is well worth your time to get back on track!

***NSF CAREER Writing Group.** Planning to write an NSF CAREER grant this spring? Interested in meeting once a week during Spring Quarter with a group of other faculty also working on a CAREER proposal? We would like to assemble an NSF CAREER Writing Group to talk about best practices, share successful proposals, do some group peer editing and more. **If you are interested, please email us at jenna@latech.edu.**

***Secrets of Successful People.** Successful people often struggle with confidence, despite their success. We will have **Dr. Valerie Young** here on **Tuesday, March 19** to talk to faculty about **"How to Help Your Students Succeed" from 8 - 9:30 a.m.** She will give a workshop for women faculty from **12 noon - 2 p.m. on "How to Boost Your Own Success"**, and a seminar for grad students from **10:15 - 11:45 a.m. on "How to Avoid Procrastination, Perfectionism and other Success-Zapping Strategies."** Come learn why over 60,000 people at IBM, Boeing, Chrysler, Proctor & Gamble, and Intel along with Harvard, Stanford, Cornell, MIT, and Princeton have heard Dr. Valerie Young talk about overcoming confidence-zapping beliefs that prevent successful people from feeling as intelligent and competent as everyone else knows that they are! **To register yourself (space is limited!) contact us at: jenna@latech.edu. Don't forget to encourage your graduate students to sign up for the mid-morning session.**

***Visit the Dixie!** With quarter break coming up, be sure to take a few days off. If you are looking for something to do in the local area, check out downtown Ruston. There are local restaurants, two bakeries, shops, and more. One of the highlights is the beautifully restored historic theater, the Dixie Center for the Arts, in downtown Ruston. They feature plays from the Ruston Community Theater (which are great, if you haven't seen one), as well as shows, concerts and other events by both local and national groups. Many events are great for the entire family. For more information about upcoming events, check out their website at <http://www.dixiecenter.org/>.

Mentoring Tip for February:

* **Boost Your Productivity by NOT Working.** Hmm...that sounds a bit, odd? Well, with email, iPhones, iPads, texts, electronic calendars, etc., today's workplace has merged almost seamlessly with life *away* from work. We are always "on" and the expectations are that we will respond to those emails, calls, and texts even when we aren't at the office. The result? A *decrease* in productivity! That's right. A growing body of research suggests that this approach is a drain on productivity. We need time for "strategic renewal" - daytime workouts, short afternoon naps, longer sleep hours, more and longer time away from the office, more frequent vacations. All of these things actually boost productivity, job performance and, not surprisingly, health. To learn more, check out the entire article from the New York Times at <http://tinyurl.com/boostyourproductivityatwork>. Thanks to Thea Edwards for alerting me to this great article! Questions? Contact the OWISE Office at 257-2101 or advance@latech.edu.