

COES Mentees,

Winter Quarter is moving along - hopefully the freezing temperatures will move along, as well! With the year half-over, I hope that you have been meeting with your mentor at least once a month this year. *Research shows that mentoring increases the recognition you receive for your accomplishments and provides you with a dose of encouragement!* 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.

**\*A New Year's Resolution.** Make sure that your mentoring relationship is a priority!! If you have been meeting on a regular basis with your mentor, keep it up. If not, make a New Year's Resolution to do so for the rest of the academic year. **EMAIL YOUR MENTOR NOW** and set up your next meeting. You can order some lunch (get a toasty pizza delivered to your office door!) and visit with your mentor.

**\*Annual Evaluations.** It will be time to submit your Annual Evaluation before you know it, so stop and think about your accomplishments thus far this academic year. Have you met your goals in publishing? grant writing? graduate student advising/graduation? teaching? Figure out what you really need to have finished/in process by the time you submit your annual evaluation and make a plan for getting it done.

**\*COES Mentee/Mentor Coffee.** Our quarterly COES Mentee/Mentor Coffee will be **Thursday, January 23 from 8 - 10 AM in Room 107 of the Biomedical Engineering Building.** It is come and go, so stop by, enjoy some great Starbucks coffee and breakfast pastries, pick up a great mentoring resource, and chat with your Mentor, as well as other Mentees and Mentors.

**\*Basketball.** Grab your family or some friends and catch a Bulldog or Lady Techster Basketball game this winter. The Dunkin' Dawgs are sponsoring Operation Sellout on Saturday, January 25 at 7 PM at the TAC. For more information on tickets, go to <http://www.latechsports.com/>.

### **Mentoring Tip for January:**

**\* National Mentoring Month** That's right, January is National Mentoring Month! Here are some mentoring resources that you might find useful. The National Mentoring Month website focuses more on mentoring young people (like your students), but their [research](#) and [resources](#) pages might be of interest. A new national mentoring initiative launched this week: [Million Women Mentors](#) which aims to advance women and girls in STEM through mentoring. You can pledge to be a mentor on their website! [FabFems](#) is featuring one Role Model each day this month on their [Facebook](#) and [Twitter](#) pages - if you are a woman, you can post your profile on FabFems. January 16 is **THANK YOUR MENTOR DAY** - take a few minutes to say thanks to those who have mentored you along the way. Their website even has a Thank You card that you can send your Mentor.

Questions? Contact the OWISE Office at 257-2101 or [advance@latech.edu](mailto:advance@latech.edu).