

COES Mentees,

Hopefully your 2015 is off to a great (if chilly!) start. If you haven't met with your Mentor since you returned from break, stop now and set up a meeting. *Research shows that mentoring boosts your career prospects and growth.* 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.

**\*Do a quick check-up.** We are halfway through the year, so it's a great time to do a quick spot check on your mentoring experience. Has it been great? Don't let it lag! Wish you were meeting more often or getting more from the time you do meet? Take the initiative to re-invigorate it! The article, below, can be a great start.

**\*Schedule Your Time.** Finding it hard to get that paper finished? Can't seem to carve out the time to tackle that grant idea or work on those lecture notes? Get a calendar (paper or electronic) and schedule time for these activities, just like you would important meetings, etc. Resist the urge to let other things creep in on these activities - guard them carefully so that you can make progress on things that are going to matter in the long term!

**\*Workplace Flexibility Workshops.** Don't miss the Worklife and Workplace Flexibility Workshops on Tues., Jan. 27 by Dr. Barb Silver. Email me to sign up for one or more sessions:

8-10 AM-Women in STEM: Your Career and Your Life,

12-2PM - Work and Life for Today's Faculty: New Pressures, New Solutions, and

3-5 PM - Workplace Flexibility and Faculty Success: What Leaders Need to Know.

**\*Catch some Roundball.** We are in the midst of basketball season and that means that there are some great men's and women's games at the Thomas Assembly Center. Grab some family members or friends and catch a couple of games - both our men's coach, Mike White, and women's coach, Tyler Summitt (son of Tennessee's legendary coach Pat Head Summitt), are top-notch!

**Mentoring Tip for January:**

**\*What Makes a Great Mentor (or Mentee!)?** Dr. Katie Evans shared an interesting article on the qualities of a great mentor: good listener, young at heart, courageous, teachable, and curious. They also has some great ideas on ways for you to maximize the benefit you receive from mentoring. Check it out

at: <http://blog.expresspros.com/movinonup/2015/01/5-traits-of-a-great-mentor.html>

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