

With the halfway point of summer soon approaching, I hope that you are having a productive summer, as well as finding some time to recharge. I also hope that you have had at least one meeting with your Mentor this summer - if not, stop right now, email them and set up your first meeting. As always, we appreciate your willingness to participate in the Mentoring Program. Research shows that mentoring benefits you because it can provide you with a spokesperson and advocate - your Mentor! 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.

***For a change of pace, vary your meeting schedule with your Mentor.** Everyone's schedule is more chaotic and less predictable in the summer, which can make it more challenging to meet. Instead of viewing it as a problem, take advantage of the summer to vary when and where you meet. Meet over coffee at Starbucks or Crescent City (meet first thing in the morning and have breakfast) or do a dessert break in the afternoon at House of Flower/The Cake Shop downtown (where I get all of my glammy desserts!) or one of the local yogurt/ice cream shops. *Don't let travel and other schedules keep you from meeting at least once a month!* It is important for you to capitalize on your time this summer and mentoring can help you do that.

***Do some house-cleaning.** I always carve out some time in the summer to do some house-cleaning in my office. Maybe its because I am the child of depression-era parents and old habits die hard, but I find it valuable to set aside a day or two to plow through the last year's "stuff" and organize it - pitch some, file some, pull some out and put it on my to-do list for the upcoming year. It can be a great way to reflect on the past year and think about what I want to do different next year. Plus, it makes my work space look better and gives me a mental boost of sorts as I head into the next year.

***Think about Graduate Student Mentoring.** Mentoring graduate students is often like teaching - we don't really train faculty to do either, instead we expect that because they were once a graduate student (or student in a classroom) that they picked up by osmosis how to do the job on the other side. Take some time this summer to talk with your Mentor about mentoring graduate students. Because we

are often so busy, we may be pressured to limit the time we invest in our students, but it is important to provide students with some larger guidance rather than just how to run the experiment or write a literature review, although those are important as well. Structure is often one way to minimize wasted time and maximize productivity when it comes to mentoring graduate students. Share your approach with your Mentor, ask for tips that they have found to be effective, and check out the presentations at <http://tinyurl.com/advanceingfacultylunches> on "Tips on Managing Your Lab and Graduate Students" or "Running a Research Program While Mentoring Graduate Students".

***Have some summer fun!** Long term, it is important to have some balance with a hectic schedule. Summer is the best time for faculty to do that, so take some time off this summer. With the 4th of July in the middle of the week, a bigger trip might be out of the question, but there are lots of things to do in a single day in the region. The Natchez Trace is a National Park and really interesting, with multiple stops of historical significance, as well as places where you can walk portions of the original trace - you can join it in Jackson, MS, and either drive south to Natchez or north to Tupelo. Another National Park (and site listed on the UNESCO Tentative List - the first step to designation as a UNESCO World Heritage site) is Poverty Point in northeast Louisiana, north of Delhi. It features mounds and other archaeological sites dating from 700 BC to 1650. There is a museum, hiking, and self-guided tours. Just be sure to take plenty of water, sunscreen, hats, and light-weight clothing in the heat.

Mentoring Tip for July:

* With my Dad soon starting his 5th year in a nursing home, I am motivated to do whatever I can to hold on to all of my brain cells and keep them sharp! Some of the most recent research suggests that having *intellectual passions* is key to keeping your mind healthy. Namely, a passionate mind leads to a healthy brain (one that can make new connections and grow new neurons), serves as a buffer against memory loss, boosts daily intellectual skills, and keeps us purposed and relevant. To find out more, check it out online at:

http://www.huffingtonpost.com/cynthia-r-green-phd/mind-health_b_1616223.html

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