

COES Mentees,

I hope that you have had a chance to meet with your Mentor at least once this fall! Time can get away from you before you know it, so when you meet, be sure to schedule your next meeting before you leave! *Research shows that mentoring really does help reduce your stress levels.* 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.

***Take a lunch break.** A great and convenient way to meet your Mentor is to grab some lunch at the Ropp Center on campus. Not only is it centrally located, but the food is good, the line is short, and the price is a bargain! In an hour, you can work in both lunch and an opportunity to ask some great questions about teaching, research, service, worklife balance, and more. Stop and email your Mentor now to set up a lunch meeting before the end of October.

***Make an Appointment with Yourself.** This is the time of the quarter when most of us realize that some of the things we were planning to do this fall may not get done. That's because we are all prone to respond to the urgent (the ringing phone, that email, the waiting student, etc.) over the important. One way to make sure the important things - your research, that paper or proposal - get done is to get a planner or electronic calendar (if you don't already have one) and make appointments with yourself! Actually schedule a couple of hours a day, or several larger chunks during the week, to work on the "important". Honor those appointments just as you would a meeting with the Dean. Put a sign outside your office that says "In a meeting" (it's true - you are meeting with yourself), close the door, let your phone roll over to voice mail, close down your email, and focus on those important-but-maybe-not-so-urgent tasks. If you don't, the quarter will end and you will still be looking at your to-do-but-not-yet-done list!

***Send your Graduate Students to School.** Twice a month, on **Thursdays from 12 - 1 p.m. in Room 157 of the Biomed Building**, we have a **COES Graduate Seminar**. The goal of the seminar is to provide graduate students with professional development training designed to help them be more successful graduate students *now* and more successful professionals *later*. Help yourself by encouraging your students to attend! Now only will they learn some useful strategies, but it will give them an opportunity to network with other students, learn about opportunities and resources on campus, and motivate them to be and do their best. The next Seminar is scheduled for **Thursday, November 1**.

***Come see the Bulldogs at Homecoming!** Even if you aren't a football fan, the explosive Bulldog football team is a must-see this year. What better game to see than **Homecoming, Saturday, October 27!** Dow Chemical will be sponsoring a huge tailgating tent at the stadium for the College of Engineering and Science, with free food from 12 noon - 2 p.m. and some give-aways before the game. Just call the Tech Ticket Office at 257-3631 to get your game tickets - the game starts at 3 p.m.. Grab your family or some friends and head on over to Aillet Stadium.

Mentoring Tip for October:

*I once taught a calculus class composed entirely of students who had either dropped or made a D or F the previous quarter. They were hard workers (those that weren't didn't repeat the class!), but they weren't "getting it". So I asked them to take a **Learning Styles Inventory** (see "ILS Questionnaire") developed by well-known Researcher-turned-Engineering-Educator Dr. Rich Felder. What I found was this: the majority of students in the class were visual learners (all that algebra and trig, it turns out, use verbal skills). About half were global learners ("big picture" versus details). Felder's **Description of the Learning Styles** contains practical advice on how to turn learning preference into strengths, so I also asked the students to read it and try three study tips at home. I tried tips for visual and global learners in class - using colored markers, starting off each class with a reminder of the overarching goal(s) for the class and how what we were doing that day fit in, etc. The results were encouraging - some students went from F's to B's overnight as they adjusted their studying to match the way they learn. The majority of the class made a C or higher and moved on - some of them became members of national award-winning competition teams, senior design teams with wildly successful projects, and more. And I have continued to use the tips I learned that quarter in every class I teach. Check it out - take the inventory yourself and read the descriptions - you just might find some valuable tips for your class, too! Questions? Contact the OWISE Office at 257-2101 or advance@latech.edu.