

COES Mentees,

Winter Quarter is almost gone! Things really get hectic this time of year, with advising, the end of the quarter, annual evaluations coming up in April, and more. I hope that you have been meeting with your mentor at least once a month to help you stay on track and make sure that you are getting things done! *Research shows that mentoring helps you focus on what is important!* 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.

***Make Time for Mentoring.** The time you spend on your mentoring relationship can pay for itself many times over! Take responsibility for making sure that you meet with your Mentor at least once a month - even if you have to bug them more than one time. While they are busy, they always report that they appreciate your helping them stay on task with mentoring. **EMAIL YOUR MENTOR NOW** and set up your next meeting. Take advantage of the great weather this week and walk over to the Ropp for Lunch!

***Quarter Break.** We are fortunate to have a long quarter break coming up (with Mardi Gras break folded in!), so take some time now to plan so that you can use this time wisely. Make a plan to work on papers, grant proposals, run experiments, etc., that take a longer period of time than you can afford during the quarter. Don't forget to include some non-work plans, too. Do something fun with your family and friends. Research shows that when you recharge, it pays big dividends in productivity later!

***Save the Date - Tuesday, April 1.** We are extremely fortunate to be able to bring to you one of the top leadership experts in the nation (or world!), **Dr. Sandra Shullman**. She will be here to do two half-day workshops on **Tuesday, April 1 (8 - 12 noon and again from 1 - 5 PM)**. Save the date and find a sub, reschedule meetings, do whatever it takes to attend one of these two workshops on leadership. Our NSF ADVANCE grant will end soon - and with it our ability to bring world-class experts to your doorstep, for free!

***Mardi Gras.** Mardi Gras is a Louisiana tradition! In addition to the famous parades in New Orleans, there are parades in north Louisiana, as well, including the [Krewe of Centaur](#) in Shreveport this Saturday, Feb. 22. Expect enormous crowds and check out their website to plan appropriately, but you will find the parades more fun than you expect - and you will find yourself yelling "Throw me something!" too. If you don't want to catch a parade, you can find beads and king cake at several places in town for your own celebration!

Mentoring Tip for February:

***Improving Student Learning.** There are numerous articles and studies that talk about ways to improve student learning - emphasizing mastery over performance, how to generate intrinsic motivation versus extrinsic, increasing students' metacognition,

effective course design, and more. But what you may not know is that there is a study suggesting that all of these best teaching practices are also linked to reductions in student dishonesty and cheating. Author James R. Lang in his book, "[Cheating Lessons: Learning From Academic Dishonesty](#)," argues that effective instructional strategies reduce cheating and dishonesty. Why? When students are more engaged in the course and when they find understanding/retaining the content easier, they have less motivation to cheat. He goes on to assert that "Cheating is an inappropriate response to a learning environment that's not working for the student." (Golden, S., "[Cheating Lessons](#)," Inside Higher Ed, September 11, 2013). Check out the Inside Higher Ed article for more on this interesting take on student dishonesty.

Questions? Contact the OWISE Office at 257-2101 or advance@latech.edu.