



## Merrimack College Honors Program NCHC Presentation Overview November 11<sup>th</sup> -15<sup>th</sup>, 2015 Chicago, Illinois

### **Presenters:**

Joe Fisher, Merrimack College '17  
Kate Culverhouse, Merrimack College '16  
Molly Malinowski, Merrimack College '17

**Title:** Managing the Cubs *and* the Bears: The Importance of Peer Mentors for First Year Students

### **Description:**

The Merrimack Honors Peer Mentoring Program connects first-year honors students with honors upperclassmen who serve as a resource, liaison, and role model. After implementing this program, student directors have organized online peer mentor bios, mentor selection and training, and the first-year mentor matching processes. This presentation will discuss these processes, mentor and mentee feedback, and will give insightful information for institutions who seek to develop a peer mentoring program.

### **Review Abstract:**

If peer mentoring is a valuable way to help any first-year student ease the transition from high school to college, then proper mentoring can be essential for high-achieving, high-expectation honors students. Inspired by sessions at the 2012 Boston NCHC Conference, the Merrimack College Honors Peer Mentoring Program came to fruition during the Fall 2013 semester, after months of planning and research. The program was designed to connect first year honors students with honors upperclassmen who serve as a resource, liaison, and role model. This presentation will discuss the growth and adjustments of honors peer mentoring after its second year, including information on the peer mentor application, selection, & training processes, mentee reports & evaluations gathered through the facilitation of a peer mentor and mentee survey. Mentors serve many roles for their mentees and help them become integrated in an honors community, academically, intellectually and socially. Through the presence of the honors peer mentoring program, our honors students are given another outlet to ask questions, seek advice, build community and form relationships with all students in the honors community. Resources provided will include an overview of training materials as well as an exploration of the online environment available for honors mentors and mentees.

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# “Managing the **Cubs** and the **Bears**: The Importance of Peer Mentors for First Year Students”

Kate Culverhouse, Merrimack College '16  
Joe Fisher, Merrimack College '17  
Molly Malinowski, Merrimack College '17  
*Directors, Merrimack College Honors Peer Mentoring Program*



## Overview

- Merrimack College Honors Program
- Program Transformation
- Program Changes
- Current Process
- Next Steps

## Merrimack College



- “Merrimack College is a selective, independent college in the Catholic, Augustinian tradition whose mission is to enlighten minds, engage hearts and empower lives.”
- North Andover, MA
- 2,900 Undergraduate Students
- 400 Graduate Students
- Four Schools

## Merrimack Honors



- 270 students
  - 109 First Years
  - 85 Sophomores
  - 52 Juniors
  - 24 Seniors
- Honors Spaces
  - “Inspired by St. Augustine’s belief that studying with friends is the best environment for learning, challenging oneself and for discovering one’s passions.”
  - Living Learning Communities
  - Honors Lounge
- Program Requirements
  - 3.4 GPA requirement for first years, 3.5 GPA thereafter
  - Honors Point System

## Program Transformation

- NCHC Boston Conference 2012
- Implementation of Peer Mentoring Program
  - 2013-2014 Academic Year
    - 11 mentors, 66 mentees
    - Matched by major
    - Volunteer program
  - 2014-2015 Academic Year
    - 22 mentors, 109 mentees
    - Mentors selected by first year student
    - Mentor application/selection process
    - Budget

## Mentor Selection Form

## Relationship Building

- Initial Mentor to Mentee Contact (Summer)
- Peer Mentoring Meet and Greet Night
- One on one meetings
- Mentor Report Form Check-In

## Last Year's Plan

- Mentor Recruitment/Applications
- Mentor Video Greeting
- Monthly Mentor Report
- End of first semester event
- Transfer Student Mentor Assignment

## This Year at a Glance

- Budget
  - Reimbursement requests
- Programming
- Hamel Health & Counseling Workshop
- Mentor Retreats
  - Ice Cream Outing
  - Dinner



June Orientation  
Information Session



Peer Mentoring Meet and Greet Night

# Honors Program

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Honors Program

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Program Benefits

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Application &  
Admission

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Honors Curriculum

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Honors Housing

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Honors Student Council

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Peer Mentoring Program

**Honors Peer Mentors**

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Student Activities

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International Service  
Immersion

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Faculty & Staff  
Resources

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News & Events

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Contact Us

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## Peer Mentoring Program

**Honors Program** » Peer Mentoring Program



Peer Mentor Selection has now closed. Check your email for a Peer Mentor confirmation email

### The Program

First-year honors students select a peer mentor who is available to help ease their transition into the Honors community and Merrimack at large. Peer mentors are upperclassmen honors students who are selected by the Honors Peer Mentoring Program's Co-Directors to be role models for new students. Peer mentors are available to help freshmen.

- **Get oriented to the Merrimack campus**, by showing them around and introducing them to various services available on campus.
- By introducing them to the **Honors Program and its requirements**.
- With any **social or roommates issues or questions** that may come up over the course of the year.
- **Get involved** with on-campus activities and become **student leaders**.

### A Message from the Co-Directors

Hello! and Welcome to the Merrimack College Honors Program!

Congratulations on your acceptance to Merrimack, and your choice on Merrimack Honors! You have just started to embark on a four year long journey where you will be challenged and supported throughout your endeavors. The Honors Peer Mentoring Program has dedicated, involved, and caring upperclassmen honors students hand-selected by us, to ensure the Honors Class of 2019 has the best transition possible. Whether you will be a resident or commuter student, are interested in the Human Development major, or want to play a varsity sport, we have a number peer mentors that are extremely diverse in their academics, involvements, and interests. Check out the bios [here](#) of our Peer Mentors, and fill out the selection form [here](#) by June 30th, 2015. Be sure to thoroughly check out the mentors, and choose wisely, although whomever you choose, you won't be disappointed!

Have a wonderful summer, and we can't wait to meet you in the Fall! If you have any questions, please don't hesitate to email us using the email address on our bios below.

Thank you!

**Joe Fisher (2017)**, [FisherJR@merrimack.edu](mailto:FisherJR@merrimack.edu)

**Kate Culverhouse (2016)**, [CulverhouseK@merrimack.edu](mailto:CulverhouseK@merrimack.edu)

*Co-Directors, Honors Program Peer Mentoring Program*

# Honors Peer Mentors

## Honors Program

Honors Program

Program Benefits

Application & Admission

Honors Curriculum

Honors Housing

Honors Student Council

Peer Mentoring Program

**Honors Peer Mentors**

Student Activities

International Service Immersion

Faculty & Staff Resources

News & Events

Contact Us

### 2015-2016 Honors Peer Mentors

Every incoming Honors first year student from the Class of 2019 will be paired with an Honors mentor this summer. Mentors will meet with mentees in small groups and one-on-one throughout the school year and participate in social programming activities. Mentors serve as a resource for incoming students by helping them with academics, getting to know the Honors Program, and their general transition to college. Incoming first years will be allowed to pick their mentors from the following list of Peer Mentors through an online system.

Mentor	School	Major	Class
<b>Ali Hanlon</b>	Science and Engineering	Biology	2018
<b>Amshula Divadkar</b>	Liberal Arts	Sociology	2017
<b>Andria Auger</b>	Science and Engineering	Biology	2018
<b>Ashley Tomich</b>	Education and Social Policy	Human Development (Elementary Education)	2017
<b>Brianna Soriano</b>	Science and Engineering	Health Science (Public Health)	2018
<b>Brittany Doherty</b>	Science and Engineering	Biology/Psychology	2017
<b>Christina Lannon</b>	Education and Social Policy	Human Development (Elementary Education)	2018
<b>Courtney Carrozzo</b>	Education and Social Policy	Human Development (Moderate Disabilities)	2018
<b>Dylan Scott</b>	Education and Social Policy	Human Development (School and Society)	2018
<b>Lizz Egan</b>	Science and Engineering	Athletic Training	2017
<b>Emilia DeWyngaert</b>	Science and Engineering	Mathematics/Secondary Education	2018
<b>Hannah Gillis</b>	Girard School of Business	Business Administration (Marketing)	2018
<b>Jenna Rutkey</b>	Liberal Arts	Communications	2018
<b>Katelyn Parah</b>		Psychology	2018
<b>Kayla Hulburt</b>	Liberal Arts	History/Secondary Education	2018
<b>Kelly O'Dea</b>	Science and Engineering	Mathematics/Secondary Education	2018
<b>Kerri McCarthy</b>	Science and Engineering	Civil Engineering	2018
<b>Megan Bouchard</b>	Science and Engineering	STEM Elementary Education	2017
<b>Megan Sheppard</b>	Science and Engineering	Health Science (Public Health)	2018
<b>Molly Malinowski</b>	Education and Social Policy	Human Development (Elementary Education)	2017
<b>Savannah Shairs</b>	Liberal Arts	Criminology/Spanish	2017
<b>Victoria Robbins</b>	Liberal Arts	Communications	2018

#### Quick Go-To's:

##### Commuters:

Andria Auger, Brianna Soriano

##### Athletes:

Lizz Egan (Field Hockey), Savannah Shairs (Club Rugby)

##### Study Abroad students:

Amshula Divadkar (Semester, Argentina)

Megan Bouchard, Lizz Egan, Molly Malinowski (Short-Term, London; City as Text, Spring Break)

### Peer Mentor Selection

#### Class of 2019!

Peer Mentor Selection has now closed. Check your email for a Peer Mentor confirmation email



## **Merrimack College Honors Program Honors Peer Mentor Application**

**Name:**

**Class:**

**Major:**

**What attracts you to be an Honors Program Peer Mentor?**

**What kind of activity/icebreaker would you do with your mentee group at your first group meeting?**

**List your involvements and leadership positions you currently have at Merrimack College:**

**Please list any potential conflicts with the Spring Training date:**

**\*\*Responses collected on Google Forms**

# Dylan Scott

Peer Mentor

**Hometown:** Woburn, MA

**Class:** 2018

**School:** Education and Social Policy

**Major:** Human Development (School & Society)

**Bio:** Hello everyone! I am a Human Development major with a concentration in School & Society. In the future, I hope to become a high school guidance counselor. I am also thinking of possibly adding a Criminology or Communications minor! I am very passionate about doing my best to get involved in everything this campus has to offer. I have found it a great way to meet new people and create great friendships. I would love to help you all in getting involved on campus as well! I love to play tennis and hope to eventually get a club team started here at Merrimack. I am looking forward to being a Freshmen Retreat Leader in the fall and encourage you all to come on the retreat! It will give you the opportunity to meet TONS of new people while having fun at the same time! I am looking forward to getting to know all of you in the future and help you out in any way I can. Please do not hesitate to email me if you have any questions at all!

## Activities

### **Volunteering/Service:**

Lawrence Boys and Girls Club  
(Merrimaction)

### **Clubs/Organizations:**

Honors Student Council, Campus Ministry, Education Club, Best Buddies, Student Ambassador, Intramural Sports

### **Leadership:**

Freshmen Retreat Leader, Honors Resident Advisor

### **Campus Jobs:**

Resident Advisor, Student Ambassador

### **Housing Experience:**

Monican Centre Honors LLC,  
Honors House RA

### **Want to Chat?**

[scottdj@merrimack.edu](mailto:scottdj@merrimack.edu)





**Dear Merrimack Honors Class of 2019 Student,**

Welcome again to the Merrimack College Honors Program! We are so delighted and excited to have you join our program at such an exciting time at Merrimack. In the Honors Program, you are connected to a close-knit community of dedicated and ambitious students and staff who will support, challenge and encourage you in your academic, intellectual and social endeavors. Additionally, you will receive guidance and support from your Honors Program Peer Mentor. All of our mentors are hardworking, welcoming, and are involved members of the Honors Program who have been carefully selected to guide, support and ease your transition into the Honors Program.

Your peer mentor is: **«Mentor\_Name\_Link»**

**«First\_Name»** is a member of the class of **«Class\_Year»** and is majoring in **«Major»**. Your mentor will be reaching out to you before the semester begins to introduce herself. If you have any questions for them, they can be reached at **«Email»**. We look forward to getting to know you when you officially arrive at campus in the fall. If you have any questions or concerns, please feel free to reach out to us at any time. Enjoy the rest of your summer and we can't wait to see you soon!

**See you in August!**

**Kate Culverhouse (2016) and Joe Fisher (2017)**

***Co-Directors, Merrimack College Honors Program Peer Mentoring Program***

Like us on Facebook! [Merrimack Honors](#)

Follow us on Twitter! [@MCHonors](#)



MERRIMACK COLLEGE  
HONORS PROGRAM  
PEER MENTORING PROGRAM



Dear «Mentor\_Name\_Link»,

Thank you for choosing to be a Merrimack College Honors Peer Mentor. Your hard work and dedication throughout your Merrimack College career is exemplary, and we are extremely proud to have you represent the Merrimack College Honors Program. The Honors Peer Mentoring Program is a program designed to connect incoming first year Honors students to upperclassmen Honors students, like yourself. A first-year student is assigned a peer mentor who is available to help ease their transition into the Honors community and Merrimack community at large.

Your role is to help first-year students:

- Get oriented to the Merrimack campus, by showing them around and introducing them to various services available on campus
- By introducing them to the Honors Program and its requirements
- Answer any social or housing issues & questions that they may come up over the course of the year
- Get involved with on-campus activities and become student leaders

Every incoming Honors first-year from the Class of 2019 has been paired with an Honors peer mentor. These first year students selected their mentor through an online process by viewing your bios.

### What do I need to do as a peer mentor?

- Email your mentees **this summer**, and reach out to them. Introduce yourself, start up a conversation, and ask if they have any questions that you can answer. Please send an individual email to each mentee. If you cannot answer a question, direct the question to the appropriate person.
- Meet with mentees in small groups and one-on-one throughout the fall semester.
- Serve as a resource for incoming students by helping them with academics, getting to know the Honors Program, and their general transition to college.
- Attend training sessions and communicate with Co-Directors and Honors Program staff through email and face-to-face contact.

A training session will take place in the beginning of September to help you become better acquainted with the Mentor process. More information will follow.

### List of my mentees

- <<NAMES>>

E-mail your initial message to each mentee and **bcc** Joe Fisher and Kate Culverhouse. You only have to bcc us on one of the emails, since they will be the same message.

Thank you,

Joe Fisher (2017) and Kate Culverhouse (2016)

*Co-Directors, Merrimack College Honors Program Peer Mentoring Program*

# MERRIMACK COLLEGE HONORS PROGRAM



MERRIMACK COLLEGE  
HONORS PROGRAM  
PEER MENTORING PROGRAM



## PEER MENTORING HANDBOOK



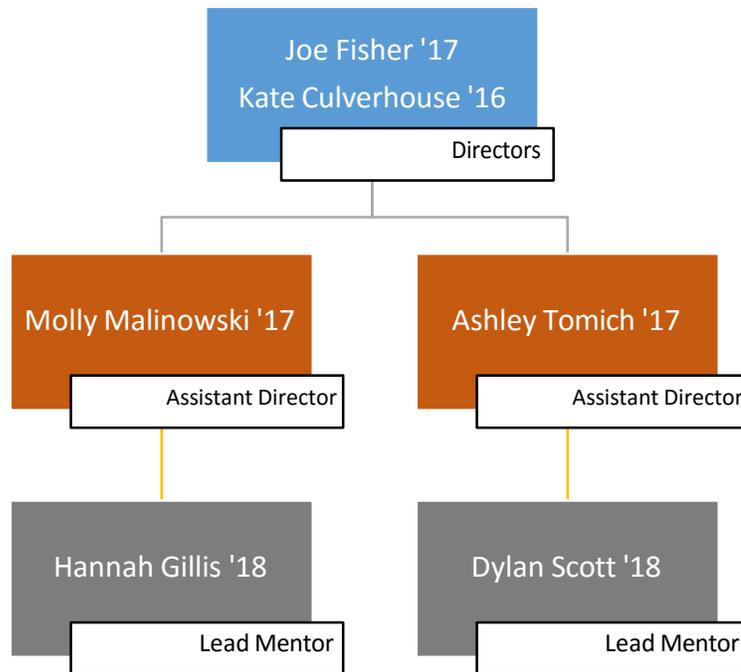
# Honors Peer Mentor Handbook

## Purpose

The purpose of the Merrimack College Honors Program Peer Mentoring Program is to ease the transition of first-year Honors students to Merrimack College and the Honors Program. First-year honors students select a peer mentor who is available to help ease their transition into the Honors community and Merrimack at large. Peer mentors are upperclass students who are selected by the Honors Program Peer Mentoring Co-Directors to be role models for new students.

## Program Structure

The Peer Mentoring Program is directed by two Co-Directors who are Honors Program upperclass students. Peer mentors report directly to the Co-Directors, and the Co-Directors report directly to the Program Manager and Honors Program Director, when needed.



## Mentor Term

Each mentor will serve a term of one semester, officially starting in August. Mentors are recommended to keep into contact with their respective mentees during and after the first semester.

## Expectations and Responsibilities

A peer mentor's expectations and responsibilities include, but are not limited to: community development, role modeling, administrative tasks, and programming.

The function of the peer mentor position is to work with other students and honors program staff members to facilitate and develop a community environment that will contribute to the growth and well-being of their mentees.

### **- Community Building**

Peer Mentors are tasked with creating and fostering a community among their group of mentees. Peer mentors are expected to be available and approachable to their mentees, including knowing the names of their mentees, and in-depth personal and academic knowledge of their mentees. Peer mentors work to help their mentees interact with each other, and get involved with experiences at Merrimack College and the Honors Program.

### **- Role Modeling**

Peer mentors are expected to be positive role models. Peer mentors are held to a higher standard than a typical Merrimack College student as a result of their role, and their actions.

### **- Administrative Tasks**

Peer Mentors are expected to check their student email daily. Peer mentors are expected to turn in all paperwork on time including, but not limited to: mentor reports, reimbursement requests, and program proposals unless otherwise approved by the co-directors.

Mentors are expected to complete the following on a timely manner:

- Meet with mentees on a group and individual basis; two group meetings and two one on one meetings
- Remain in constant contact with all mentees, notifying them of events and other pertinent information
- Submit bi-weekly report forms detailing the transition, progress, and potential concerns of all mentees
- Attend scheduled meetings, trainings, and Honors Program events
- Remain in contact with Co-Directors, and notify them of any issues and concerns not addressed in the bi-weekly reports.

Should a mentor be concerned about a student at any time of any matter, the mentor should immediately inform the Co-Directors, so necessary steps can be taken to rectify the issue(s). Co-Directors may decide to meet with the mentor and mentee, the mentee solely, or may choose to file a CARE report and notify the Dean of First-Year Students should the issue be of extreme concern. If a mentor is a Resident Advisor for the college, the mentor may file a CARE report on their own choosing, however, the mentor should still notify the Co-Directors of the situation.

### **- Programming**

Peer mentors plan and execute several programs per semester for their mentee groups. All mentors will have a budgeted allowance of money that is \$100 for the semester. This money should be used for programming activities such as group outings, dinner, events, etc. All programs must be approved by the co-directors, by completing an online form. Additionally, mentors are expected to pay for their events, and will receive reimbursement upon acknowledgement of purchase receipts.

### **Trainings/Meetings:**

All mentors are expected and required to attend peer mentoring trainings and meetings. Co-directors will inform mentors of respective dates for trainings. Typically one training will be scheduled for the spring semester, and another will occur at the beginning of the Fall semester.

Peer Mentoring meetings may also occur throughout the Fall semester in which all mentors will meet with co-directors to discuss issues, concerns, and updates on a larger scale.

### **Mentor Selection:**

The Co-Directors facilitate the mentor selection process via an online application. Co-Directors will review applications and will select mentors based on the strength of the application, and overall academic and disciplinary standing for Merrimack College and the Honors Program. Co-Directors may also facilitate an interview process should they see fit. Co-Directors should select a number of mentors to allow for a mentor/mentee ratio to be between 1:4 - 1:6.

Upon selection, co-directors should notify their selections via email to the selected mentors. The email should include a congratulatory sentence structure, basic information of the peer mentor position (extracted from the application), specific duties asked of them (including mentor bio, headshot, and contract completion), and information regarding the first training date.

For mentor applicants who are not selected, co-directors should email them regarding their decisions, and be notified that they are placed on an alternate list. They should be informed that if a peer mentor position opens up, they may be eligible for appointment.

### **Fulfillment of Duties:**

If a mentor is not following proper guidelines, and is not appropriately fulfilling the duties assigned to them, the co-directors will meet and will agree on a decision for the mentor's future of their position. If this is the first incident, the co-directors may decide to place the member on probation, a period lasting 3 weeks, with a reevaluation on the 4th week. A reevaluation may consist of reinstatement of, or dismissal from position. If this is a recurring incident, the member may be terminated of their position with given notice via a meeting with the co-directors. Mentor will be notified of a scheduled meeting via email.

At all times, a peer mentor is expected to act as a role model for all students. It is expected that mentors will act in accordance with the Merrimack College Code of Student Conduct. Failure to follow the Code of Student Conduct may result in termination from the position. A mentor will be expected to uphold all duties set forth in the job description as well as other duties reasonably assigned.

Peer Mentors in their roles are privy to confidential or private information. In accordance with the expectations of the position, mentors should maintain confidentiality or privacy when appropriate. Failure to maintain confidentiality or privacy may result in termination from the position.

### **Compensation:**

This is a highly regarded leadership position in the Honors Program. Peer Mentors are not compensated in monetary value, however, mentors receive 5 Honors Participation points.

### **Resignation**

Should a mentor choose to resign from their position, they are required to submit a letter to the Co-Directors stating so. The letter should state the position they are resigning from, and also the last date of active duty. A two week notice is graciously requested by the Co-Directors.

### **Change of Guidelines**

The Honors Peer Mentoring Guidelines are subject to change. The Co-Directors reserve the right to change any guidelines and mentors will be notified of any changes.

## Acceptance of Peer Mentor Position

I \_\_\_\_\_ (name), agree to assume the position of Honors Program Peer Mentor for the Fall 2015 Semester. I agree to follow the terms set forth by the Honors Program Peer Mentoring Guidelines, given to me in email form. I understand that failure to follow the terms will result in my early termination from my position. I further understand that the guidelines are subject to change, and I will be notified of such changes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Co-Director: \_\_\_\_\_ Date: \_\_\_\_\_  
Joe Fisher, 2017

Co-Director: \_\_\_\_\_ Date: \_\_\_\_\_  
Kate Culverhouse, 2016



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HONORS PROGRAM  
PEER MENTORING PROGRAM



# Mentor Report

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**Mentor Name:**

**Date:**

## Students of Concern/Unknown Students

(Please list any students you are concerned about, including their first and last name and why you are concerned. Also, please list if you have not met with a mentee.)

## Mentee Updates

(Please list a brief update about EACH mentee. Also, include how your 1 on 1 went with your mentee.)

## Group Meeting Update

(Describe the dynamics of your mentee group, and how they communicate with you)

## Programming Update

(Please list what you have planned next for meeting with your mentees)

## Questions?

(List any questions you have)

## How are You? (Scale of 1 to 10) :

(What is the best/worst thing that happened with your mentees? How are you doing personally and as a mentor? Explain why you chose the number you did.)

## How Can We Help You?

(Is there anything that Joe and Kate can do for you?)

# Peer Mentoring Program Proposal/Reimbursement Form

This form is to be used by Merrimack College Honors Program Peer Mentors. Peer Mentors should fill the form out completely, await an approval response, print out the email conversation, and see Lisa Cavallaro for funds.

Name \*

Email \*

Program Title \*

Program Date \*

Example: 03/05/2013 11:30 AM

Amount Requested \*

What is the money being used for? \*

Approved by

Please leave this blank

Actual Amount Used

Please leave this blank

Mentor Signature

Send me a copy of my responses.

Submit

# Merrimack Honors Orientation Information

Welcome to the Class of 2019!

## Peer Mentoring Program



- All first year students will be paired with a mentor who will help to ease the transition from high school to Merrimack
- Link to select your mentor:  
<http://merrimack.edu/academics/honors/peer-mentoring-program-.php>
- Mentors should be selected online by **June 30**



## Honors Housing



- First year resident Honors Students should plan to live in the Honors LLC in Monican Centre
- Students need to complete the Housing Preference Form from Office of Residence Life and be sure to check off the honors housing box.
- View Honors LLC details at  
<http://www.merrimack.edu/academics/honors/firstyear-honors-housing.php>

## Contact us!



**Lisa Cavallaro**  
Program Manager  
Honors Program  
[Honors@merrimack.edu](mailto:Honors@merrimack.edu)  
Phone: 978-837-5404



**Kate Culverhouse, 2016**  
*Chair, Honors Student Council*  
*Director, Peer Mentoring Program*  
[CulverhouseK@merrimack.edu](mailto:CulverhouseK@merrimack.edu)



**Joe Fisher, 2017**  
*Co-Chair, Honors Student Council*  
*Director, Peer Mentoring Program*  
[FisherJR@merrimack.edu](mailto:FisherJR@merrimack.edu)

## Honors Courses



- All students should plan to take two (2) honors classes in the fall
- Many students have been enrolled into honors classes based on majors
- Do not take non-honors sections of RTS1100: Christianity in Context, PHL1000: Intro to Philosophy or FYW1050: Intro to College Writing in the fall.
- Do not enroll in unnecessary classes. Make sure you are not taking a course that you are receiving AP credits for!



Merrimack College Honors Program  
Like us on Facebook!



Group: Merrimack College Honors Program  
Create a LinkedIn account and connect!



@MCHONORS  
Follow us on Instagram!



@MCHonors #MCHonors  
Follow us on Twitter!



In the Company of Friends  
<http://inthecompanyoffriends.blog.com>



Merrimack College  
<http://www.merrimack.edu/academics/honors/>

# Making it Your Merrimack

Ways to get involved to make the most of your four years



- Participate in an internship or co-op: O'Brien Center
- Participate in Student Government: Allison Pukala
- Study Abroad (long or short term): Jessica Walsh
- Become an Orientation Leader: Allison Pukala
- Become an Admissions Ambassador: Lindsey Darling
- Go on an Alternative Break Trip: Jeff Wallace
- Become a Math Tutor: Patricia Strazdins
- Get a job on Campus: O'Brien Center for Student Success
- Involvement in Campus Ministry: Fr. Keith Hollis
- Join the Jazz Ensemble: Office of Student Involvement
- Become a Writing Tutor: Kathy Cain
- Write for the Beacon: Beacon Mailbox
- Join the Merrimack Programming Board: Rose Dolan
- Audition for a play (OnStagers): Father Rick Piatt
- Become an RA: Jonathan Bragg
- Join the Student Conduct Board: Preston Croteau
- Run for Class Council: Allison Pukala
- Support diversity on campus: Deb LongabaughBerg
- Become Zumba/Yoga Certified: Matt Gordon
- Attend the Feast of Faiths: Deb LongabaughBerg
- Become involved in Relay for Life: Allison Pukala
- Participate in Intramurals: Matt Gordon
- Attend a Career Fair: Lori Dameron
- Join a Sorority or Fraternity: Rose Dolan
- Be mentored by an Alumnus/a: Kathy St. Hillaire
- Join the Green Team: Office of Student Involvement
- Become Merrimack's Ultimate Warrior: Dean O'Keefe
- Participate in Club Sports: Alex Gallant
- Go on the Pellagrinaggio to Italy: Joseph Kelley
- Participate in M.O.R.E.: Fr. Keith Hollis
- Sing in the choir: Hugh Hinton



## Honors Program Specific:

- Join the Honors Student Council: Brianna Butler
- Become a Peer Mentor: Joe Fisher
- Become an Honors Ambassador: Lisa Cavallaro
- Serve as an Office Assistant: Lisa Cavallaro
- ❖ **All organizations and individuals can be reached through email by typing in the contact's name in Google Mail**

## Listen Up!

“Make the most of your four years. There are so many great opportunities that Merrimack offers, so go for as many as you can, even if you don't think you are going to make it. You are putting yourself out there and opening new doors!”



—*Megan Bouchard '17*  
HSC Service Officer  
Honors Peer Mentor

““Don't count the days, make the days count.” I wish I could say I came up with this quote, but I didn't. However, I think it is extremely important to take one day at a time and appreciate it as much as possible, especially in college, because it is one of the best times of your life.”



—*Molly Malinowski '17*  
HSC Academic Officer  
Assistant Director of Peer Mentoring



Merrimack College  
Honors Program

## Student Survival Guide



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## Academics

When it comes to academics, it can be difficult adjusting to a new campus, new styles of teaching, and meeting new people, all while balancing your social life & your campus involvements. You are a student first, so make sure that academics are always your number one priority. Here are some tips for staying on target, and maintaining a 3.4 GPA.

- Go to Office Hours
- Have an organized and clean area to study
- Try different study methods
- Make 'to-do' lists, and accomplish them
- Use your resources! (Library, Writing Center, Math Center, Center for Academic Enrichment)
- Use Google Calendar and an agenda
- Always be informed. Check your email frequently, and email your professors about questions and concerns
- Extra credit is like being given gold, take advantage of it!
- Form study groups with other students in your classes
- Don't get frustrated by a bad grade on a test or assignment; talk to your professor about ways to improve

## Get Involved!

A piece of what makes college the best four years of your life is getting involved on campus. Join clubs, activities, and attend sporting events!

- Go to as many sporting events as you can! They are free, and you get to meet so many people. Plus, you can get some free Merrimack swag.
- Go to the Student Involvement Fair, offered at the beginning of each semester. See what clubs suit your interest, and join them!
- Varsity athletics not your thing? Form an Intramural sports team with your floor or group of friends, and enjoy some late night Broomball or Volleyball
- Attend special lectures, activities, and events on campus! Expand your learning horizon, and meet people you might not encounter
- The Honors Program has many opportunities available to get involved. Join the Honors Student Council (HSC), become an Honors Ambassador, or help out in the office
- Visit the Office of Student Involvement on the 3rd floor of the SAK. Talk to Allie Pukala about getting involved!

## Take Care of Yourself!

- Find a time to work out. It keeps you healthy and is always a great stress reliever. Plus, the gym is open 24/7. SAK, 2nd Floor
- Eat healthy. At Sparky's, there are many options, so be sure to mix and match foods, and make your own combinations.
- Establish a normal sleeping routine, and get a good night's rest each night.
- Sensing a cold or feeling down? Visit Hamel Health and Counseling, near Monican Centre

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