



MERRIMACK COLLEGE

Merrimack College Honors Program

National Collegiate Honors Council

October 12th – 16th, 2016

Seattle, Washington

Presenters:

Kerry Johnson, PhD, *Honors Program Director*

Joe Fisher, Merrimack College '17

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Title: The Importance of Peer Mentors for First Year Students: Processes, Structure, and Support

Description:

The peer mentoring program connects first-year students with upperclassmen, and has continually grown and developed into its fourth year. Student directors have created an online system that connects all facets of the program including peer mentor bios, mentor selection and training materials, and serves as the mentee matching system. This presentation discusses these processes, collected research data, and gives ideas for those seeking help in this realm.

Review Abstract:

College administration recognizes that sometimes, student transitions can be difficult. Students face a day to day struggle with balancing academic coursework, social and personal pressures, as well as the student leadership roles they take on. In recent years, the program has seen a variety of students who drastically differ in personality styles, leadership and involvement, and the overall idea of collaboration. Peer mentoring programs in higher education settings have proven effective in establishing comfortable, well-rounded students who feel challenged, yet supported in a fast-paced academic setting. Inspired by a previous NCHC session, the now internationally recognized mentoring program came to fruition during the Fall 2013 semester, after months of planning and research. This presentation will discuss the growth and adjustments of the program, including information on application, selection, & training processes, mentee reports, collected research data, and mentor evaluations. Additionally, the program's new leadership structure will be shared, as well as new tactics and methods for working with a variety of students. Through the presence of the honors peer mentoring program, our students are given an additional avenue to ask questions, seek advice, build community and form relationships with all students in the honors community.

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Timeline of Peer Mentor Selection:

February 2016

Applications for mentors solicited

Mentors are selected

April 2016

Spring Training (Program overview and scavenger hunt)

Mentor bios and online website are organized

Summer 2016

First-Year students select peer mentors online/Mentors confirmed

Mentors communicate with first-year students

September 2016

Mentor Training: Reporting, Student Concerns, FAQ's

Mentor Meet and Greet Night / Student Council S'mores night

Mentor Programming and One on One Meetings

HONORS PEER MENTORING HANDBOOK



MERRIMACK COLLEGE
HONORS PROGRAM
2016-2017

Merrimack Honors Program Peer Mentoring Program

A GUIDE TO BEING AN HONORS PEER MENTOR

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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 upper-class students who are selected by the Honors Program Peer Mentoring student directors to be role models for new students. Peer mentors are guided by student directors, and Honors Program professional staff.

STRUCTURE & POSITIONS

The Peer Mentoring Program is completely managed by student directors. Student directors, assistant directors, and lead mentors are Honors Program upper-class students, who have previously served as honors peer mentors for at least one semester. Honors peer mentors report directly to the student assistant directors, and the student assistant directors report directly to the student director. The executive team consisting of the student director and two student assistant directors meet with the Program Manager every week.

Executive Team

Student Director

The student director of the Honors Peer Mentoring program should be a student who has previously served in the student assistant director role and as a peer mentor. The student director is responsible for the following duties:

- Develop and propose the budget of the peer mentoring program. This includes the budget for each peer mentor as well as the executive budget
- Oversee the two student assistant directors in their roles and responsibilities
- Schedule, facilitate, and organize mentor training sessions and programming activities
- Manage peer mentor interview process, including reviewing applications, interviewing applicants, and selecting peer mentors
- Report mentee and/or mentor concerns to the Program Manager and Honors Program director. This may include drafting CARE reports, and meeting with senior administrators.
- Responsible for direct communication with Program Manager and Honors Program director through weekly executive meetings

Student Assistant Directors (2)

The student assistant director of the Honors Peer Mentoring program should be a student who has previously served in the student assistant director role and as a peer mentor. The student assistant director is responsible for the following duties:

- Assist in tracking the peer mentoring and executive budgets of the program
- Oversee a group of peer mentors, including reading bi-weekly reports, and assisting with programming activities
- Assist the student director to schedule, facilitate, and organize mentor training sessions and programming activities
- Help with the peer mentor selection process, including reviewing applications, interviewing applicants, and selecting peer mentors

- Report mentee and/or mentor concerns to the Peer Mentoring student director. This may include drafting CARE reports, and meeting with senior administrators
- Responsible for direct communication with Program Manager and Honors Program director through weekly executive meetings

Mentoring Team

Lead Peer Mentors (2)

In addition to the duties outlined below in the Peer Mentor position, lead peer mentors are responsible for:

- Overseeing program proposal requests and approving reimbursements
- Updating mentor budgets and calendar with mentor programs

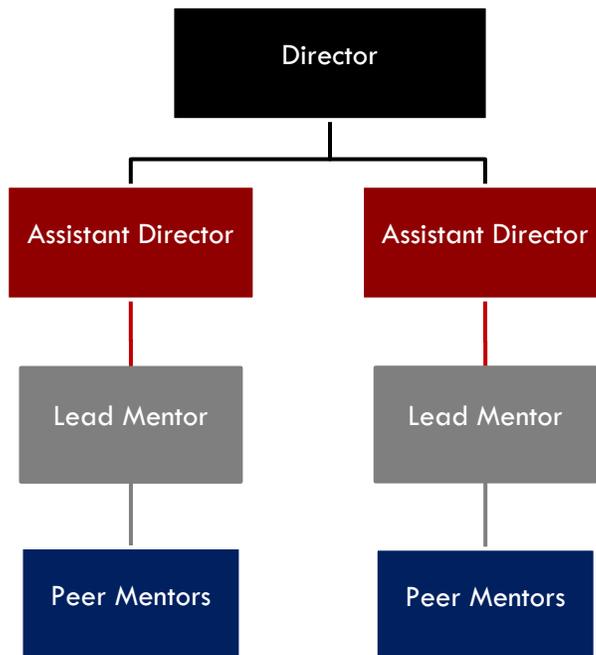
Peer Mentors

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.

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. All mentor responsibilities and duties are found below under tasks and responsibilities.

Program Structure



MENTOR TASKS AND RESPONSIBILITIES

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. Please see “Social Media Expectation” for further information regarding role modeling.

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 student 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 student directors, and notify them of any issues and concerns not addressed in the bi-weekly reports.

Mentee Concerns: Should a mentor be concerned about a student at any time of any matter, the mentor should immediately inform the student directors, so necessary steps can be taken to rectify the issue(s). Student 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 Students should the issue be of extreme concern.

Peer Mentors are also able to submit CARE reports if they are concerned about a mentee, by using the public CARE report form. Peer Mentors who also serve as Resident Advisors should follow protocol under the Office of Residence Life. In all cases, reporters should include the relationship they have with the student (i.e.: state that you are their Honors Peer Mentor).

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 \$20 per mentee. This money should be used for programming activities such as group outings, dinner, events, etc. All programs must be approved by the student directors, by completing an online request. Additionally, mentors are expected to pay for their events, and will receive reimbursement upon acknowledgement of purchase receipts.

POLICIES & PROCEDURES

Meetings

All student directors, lead mentors, and mentors are expected and required to attend peer mentoring trainings and meetings. Student 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 student directors to discuss issues, concerns, and updates on a larger scale.

Mentor Selection

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

Upon selection, Director and Assistant 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 handbook), specific duties required of them (including mentor bio, headshot, and contract completion), and information regarding the first training date.

For mentor applicants who are not selected, Director and Assistant Directors will email them regarding their decisions, and be notified if they are placed on an alternate list. If a peer mentor position becomes available, applicants should be informed if they have been selected for the position.

Duties

If someone is not following proper guidelines, and is not appropriately fulfilling the duties assigned to them, the Director and Assistant Directors will meet and agree on a decision for the person's future of their position. If this is the first incident, the Director and Assistant 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 Director and Assistant Directors. Mentor will be notified of a scheduled meeting via email.

At all times, a student leader 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.

Resignation

Should a mentor choose to resign from their position, they are required to submit a letter to the student 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 student directors.

Change of Guidelines

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

Social Media Expectation

It is a Program and College expectation that all student leaders, including all members of the Merrimack College Honors Peer Mentoring Program represent themselves and the Program in a positive and professional manner. Students should accurately, respectfully, and positively speak, write, or share their thoughts, comments, and suggestions in a way that provides clarity and lucid thoughts. Principles of integrity, professionalism, privacy and impartiality should be observed when posting online for, about, and regarding the Program and Merrimack College.

The authenticity of what students post is important. In the event that a member has a question or concern, they should bring it to the attention of the executive team or Honors Program staff about the questionable content or concern, before posting about or handling it.

It is always important to note that as a student leader, you have a strong voice in promoting change, and seeking opportunity. Any questions, concerns, issues, or confusing pieces of the Program and of Merrimack College should be channeled through the executive team of the Peer Mentoring Program, or the Honors Program staff.

Members of the Peer Mentoring Program, and student leaders alike should promote the Merrimack College Honors Program in the best way that they can, by using the following social media outlets, hashtags, and pages.



Merrimack College Honors Program
Like us on Facebook!



@MCHonors
Follow us on Twitter!



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



@MCHonors
Add us on Snapchat!



@MCHonors
Follow us on Instagram!



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

#MCHonors

Engagement Expectation

Honors Peer Mentoring members are expected to abide by the Engagement Expectation policy, regardless of the level of their involvement in the Program.

Being a student in Merrimack Honors indicates academic excellence, but it also reflects students' involvement and engagement in the Program throughout their undergraduate careers. Merrimack Honors has implemented an expectation of student engagement to encourage participation in events and activities beyond academic Honors coursework, to develop its students personally, intellectually, and academically in the Honors community.

Since students gain access to benefits including Honors housing, social programming, and student leader opportunities, Honors students are expected to attend mandatory Honors Program events in addition to attending at least **three** expected attendance events **per semester** (noted below). These expected attendance events include academic, intellectual, community-focused or service-related events to fulfill the Program's standards of community involvement and engagement.

Below outlines the list of events Honors students are required to and expected to attend:

Required Events

First-Years

- August Orientation
- Peer Mentor Meet and Greet Night
- Honors Opening Reception
- Mack Gives Back (with Honors FYE)

Seniors

- Senior Honors Banquet
- Honors Convocation

Expected Attendance Events (attend at least 3 each semester)

Events by semester

▪ Fall:

Mix 'n Mingle, HSC service day, Honors Opening Reception^{FY}, Google/Blackboard Workshop, Mack Gives Back^{FY}, Last Lecture

▪ Spring:

LinkedIn Workshop, Pancakes with the Provost's Office, First Lecture, Are You Smarter than a 5th Grader, Relay for Life (Honors team), Ice Cream Social

NOTE: Events indicated with a "FY" superscript are already required for first-year students. Therefore, these fulfill an expected attendance event for sophomore students and above.

While the Program keeps a record of student attendance at events by swiping student identification cards, students should also keep track of their own attendance.

As more events will be coordinated and added to the calendar, it is important to note this list above is **not** exhaustive. All events are subject to change and may be modified, and students are expected to organize their schedules and prioritize events. For clarity, all event dates, times, and locations will be clearer as the semester continues, and all event details will be communicated through the Terrific Tuesday Update (TTU) email and will be listed on flyers through social media.

NOTE: In past years, Snack Attacks and other various social programming activities have been "1 point" per event. Due to the change in programming, from the previous years' point system to the current engagement expectation, Snack Attacks will no longer be "1 point" (or an expected attendance event). Therefore, please plan your schedule accordingly. Snack Attacks will still be offered as an opportunity for students to meet and socialize with Honors Program community as well as to enjoy light refreshments.

Considering the idea that Honors student leaders should already be in attendance at many of the events mentioned above, Honors student leaders should attend the same amount of expected attendance events (three), in addition to their respective required events.

The Merrimack College Honors Program strives to collaborate with and sustain its growing community. The Program recognizes that conflicts may and do arise, which may prohibit a student from attending a required event. These conflicts should be communicated to the Program Manager as far in advance as possible to determine a reasonable solution or accommodation. Additionally, due to the numerous events offered, less leniency is given when students do not attend the minimum of three events per semester.

All questions regarding the engagement expectation can best be answered by the Executive Team of the Honors Student Council or the Honors Program Manager.

THE HONORS SEAL

The Honors Student Council '12-'13, created this emblem to represent the ideals on which the Program was founded. The Honors Seal is used across the Program for branding and communications. It is embossed on the medal awarded to every Honors Program graduate. We pledge to encourage our members to embody these traits in their actions while a student of the Merrimack College Honors Program.

The pillars shown in our seal represent the strength and support we hope the program give to all Honors Students. Two are shown because we believe that we are stronger together than on our own as individuals.



The scroll represents our passion for academics and our mission for academic achievement. We seek truth and intelligence not only during our time at Merrimack College, but as lifelong learners.

The Latin words written on our seal read “From knowledge, to wisdom” because we do not simply seek information, but how to use it in our lives and to better our world.

The crosses in the outer circle are a tribute to our religious foundation. We aim to uphold the values of the Augustinian tradition and use St. Augustine’s words to guide us “I found all kinds of joy when I was in the company of my friends- talking, laughing and being kind to each other— reading, engaging books together— going from the lightest joking to the talking of the deepest things and back again.” (Confessions 4:8, 13)

Finally, **the ivy** represents the importance of friendship and community. Though we pride ourselves on our academic standards we are equally proud of the friendships that form and grow through learning together.

ACCEPTANCE OF PEER MENTOR POSITION

I _____ (name), agree to assume the position of Honors Program Peer Mentor for the Fall 2016 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: _____

Assistant Director: _____ Date: _____

ACCEPTANCE OF ASSISTANT DIRECTOR POSITION

I _____ (name), agree to assume the position of Honors Program Peer Mentoring Assistant Director for the 2016-2017 Academic Year. 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: _____

Director: _____ Date: _____



Honors Peer Mentor Report

Mentor Name:
Assistant Director:

Report #:1
Date: 10/15/2016

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 your mentees, and provide a brief update about each. If you had 1 on 1's, include details and how they went)

Cohort Dynamic/Group Meeting Update

(Describe the dynamics of your mentee group, and how they communicate with you. Include how your group meeting went, if you had one. Did your students exchange numbers, are they social without you being there?)

Cohort Programming Update

(Please list any comments of your last program (if you had one). Also, write about what you have planned next for meeting with your mentees)

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 I Help You? Questions?

(Is there anything that your Assistant Director can do for you? Do you have any questions?)

Suggestions? Concerns?

(Are there any suggestions you have for the program? Do you have any questions or concerns for Joe?)

All done? To send this form:

1. Press "File", "Email Collaborators"
2. On the right, make sure only your specific AD is selected
3. Rename the subject to <MENTOR LAST NAME - Mentor Report #>
 - a. Ex: Fisher - Mentor Report #3
4. Type your message
5. Make sure "paste the item itself into the email" is selected
6. Press send!

This page is intentionally blank.

Amanda - Mentor Report #1

1 message

Amanda [REDACTED] (via Google Docs) <drive-shares-noreply@google.com>
Reply-To: Amanda [REDACTED]@merrimack.edu>
To: [REDACTED]@merrimack.edu
Cc: [REDACTED]@merrimack.edu, [REDACTED]@merrimack.edu

Thu, Sep 15, 2016 at 9:09 PM

Amanda [REDACTED] has sent a message regarding the following document:

 FA16 Peer Mentor Report - [REDACTED] #1

Hi :)

Here is the first 1:1 report. I wrote two concerns at the very top, however, both situations aren't too serious. I'll definitely keep an eye out for those two concerns though!

Thanks!
Amanda

Snapshot of the item below:

Mentor Name: Amanda [REDACTED]
Assistant Director: Ashley [REDACTED]

Report #:1
Date: 09/16/2016

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)

[REDACTED] Overwhelmed with Christianity and Context with [REDACTED]
[REDACTED]: Isn't enjoying her roommates, on the look for friends to move in with

Mentee Updates

(Please list your mentees, and provide a brief update about each. If you had 1 on 1's, include details and how they went)

[REDACTED] and I spent a lot of time at the SNHU vs. MC home opener volleyball game together. She was super excited about being out at a sporting event and wishes to attend more in the future. She seems to be very well organized as I saw her playing with her Google Calendar. [REDACTED] also can't wait to get involved and I know she really wants to attend future MPB events. She mentioned a lot of work load but she is handling it (except Christianity as mentioned above).

[REDACTED] is doing amazing. She is a resident on Devin [REDACTED]' floor so we were both able to talk to her outside for about 40 minutes. She is now on the crew team and is adored by all of the girls (including two of my roommates who are keeping an eye out for her too). She did not make the Mackapella group but I assured her that there's far more out there

on campus to get involved in and she is not upset at all. Her and her roommate seem to be a bit different but they get along just fine.

██████████ is doing well, I had a 25 minute conversation with her in the Den. She loves her schedule and her workload isn't too much at the moment. She is also a member on the women's soccer team and absolutely loves the team. She also finds comfort in the fact that the majority of the sophomore soccer girls on her team are in the Honors Program as well even though she is the only freshman player on the team in the Honors Program. On a lower note, she strongly dislikes her 8am FYE class and is having some roommate troubles. She is trying to make new friends so she can move into a new room. They are just too quiet and go to bed way too early for her liking. But overall, she was fun to talk to and seems very comfortable with me.

██████████ and I are very close as we played three years of travel volleyball together. She never hesitates to text me with any questions. She is an active player on the women's volleyball team and is loving every second of it. Her teammates have been so warm and welcoming and she is fitting in just perfectly. She loves spending time with her teammates but is also eager to meet new people in her classes. She had some roommate troubles in the beginning, however, she is handling it just fine.

Cohort Dynamic/Group Meeting Update

(Describe the dynamics of your mentee group, and how they communicate with you. Include how your group meeting went, if you had one. Did your students exchange numbers, are they social without you being there?)

My mentee group of girls are all friendly and very talkative. They all are different in their own ways but seem to find commonalities within each other which helps them connect. We communicate through a group message. It was even brought to my attention that ██████ messaged ██████ during the summer to ask about rooming but ██████ never received the message due to not being FB friends with ██████. Regardless, some seemed to have past interactions but overall they now at least can recognize each other when walking on campus. Only two of my mentees showed up for the Meet and Greet in Cascia Hall so we are anticipating an entire group meeting soon next week.

Cohort Programming Update

(Please list any comments of your last program (if you had one). Also, write about what you have planned next for meeting with your mentees)

Our next meeting will be the first time all five of us are together. We plan to collaborate with Dylan's group. The date/time is still undecided but it will hopefully be next week and will potentially take place in the 47 lounge since all of our mentees live in either Deegan or Ash. We plan to provide ice cream or food of some sort and to engage them in casual, social activities.

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)

The best thing that has happened so far was when our mentee group went to go support ██████ in her first home volleyball game. Of course, some couldn't go but ██████ was with me the entire time and loved every second of it. ██████ had Mackapella tryouts and ██████ had soccer but both made an effort to stop by towards the end of the game.

I am a 9... I can't really complain. Maybe not a full 10 because of my busy schedule but classes are going well and I haven't been too overwhelmed with school work/activity work.

How Can I Help You? Questions?

(Is there anything that your Assistant Director can do for you? Do you have any questions?)

No questions yet!

Suggestions? Concerns?

(Are there any suggestions you have for the program? Do you have any questions or concerns for Joe?)



Merrimack College Honors Program Honors Peer Mentor Application Merge Form

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 from Google Forms application**

This page is intentionally blank.

Hannah Gillis

Honors Lead Peer Mentor

Hometown: Tewksbury, MA

Class: 2018

School: Girard School of Business

Major: Business Administration, Double Concentration in Marketing and Management

Bio: Hey everyone! This my second year as a Honors Peer Mentor. I had a great cohort last year; they really used me as a resource, and they became very close friends. I really enjoy getting to know first years, and I want to help make the transition from high school to college as easy as possible. Coming into college I was very nervous; I had no idea what to expect when it came to classes, Merrimack in general, the Honors Program, or the Living Learning Community. I took it slow my first semester and went on Freshman Retreat and I met a ton of people who were feeling the same way I was. I am very outgoing and personable so I do not have a problem striking up conversations with people. I want to get to know as many of you as I possibly can and share my experiences first hand with you. Please feel free to reach out to me throughout this process, even if I am not your mentor. I will always be around to talk to or just to be a friend. I'll be seeing you soon!



Activities

Volunteering/Service:

Service Learning at the Atkinson School in a Third grade classroom

Honors International Dominican Republic Service Immersion Participant

Clubs/Organizations:

National Society of Leadership

Leadership:

Honors Program Lead Peer Mentor
Honors Student Council

Campus Jobs:

First Year Experience Mentor

Housing Experience:

Monican Centre Honors LLC
North Residential Village Honors LLC

Want to Chat?

Gillishm@merrimack.edu

Honors Peer Mentor Selection - Class of 2020

This form will allow you to provide the Honors Program with your preference for mentor selection. Mentor bios can be found at <http://www.merrimack.edu/academics/honors/honors-peer-mentors/>

Please take a moment to check out all of the mentors, and make a selection based on the mentor qualities and activities that match you best.

Mentor matches are made on a first come-first serve basis. Your first, second, and third choice for mentors must be a different person. Mentors made be removed from the form should they have the max number of mentees for their cohort.

As we do our best with mentor matches, depending on the distribution of choices, you may not be matched with a mentor of your choice.

Peer Mentor selections must be completed by July 15th, 2016. Participation in the mentoring program is an Honors Program expectation.

Any questions, please email HonorsPeerMentoring@merrimack.edu

Thank you,
Honors Peer Mentoring Team

Your email address (fisherjr@merrimack.edu) will be recorded when you submit this form. Not [fisherjr](mailto:fisherjr@merrimack.edu)? [Sign out](#)

* Required

First and Last Name *

This is a required question

Merrimack Email Address *

From the list below, please select your first choice for your Honors Program Mentor. *

Choose one.

From the list below, please select your second choice for your Honors Program Mentor. *

Choose one.

From the list below, please select your third choice for your Honors Program Mentor. *

Choose one.

Send me a copy of my responses.

Submit

Never submit passwords through Google Forms.

Making it **YOUR** Merrimack

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

Experiential Learning

- Complete an internship, externship, or co-op: *O'Brien Center for Career Development, SAK 2nd Floor*
- Study Abroad (short or long term): *Erika Cook, Office of International Programs, SAK 340*
- Go on the Pellagrinaggio (Italy): *Joseph Kelley, PhD, Jewish Christian Muslim Relations, Sullivan 101*
- Complete a service learning experience: *Steven's Service Learning Center, SAK 3rd Floor*

Involvement

Office of Student Engagement, SAK 320

- Join Student Government Association
- Join the Orientation Committee staff
- Join the Jazz Ensemble
- Write for the Beacon
- Join Merrimack Programming Board (MPB)
- Run for Class Council
- Join Relay for Life
- Join a Sorority or Fraternity
- Join the Green Team



Join the Honors Student Council

Honors Program, Honors Commons at North Residential Village, House 7, Suite 150

- Join the Honors Student Council
- Apply to be a Peer Mentor
- Become an Honors Ambassador
- Write for the Newsletter
- Participate in a conference
- Attend a cultural event



Serve as an Honors Journalist

Campus Ministry, SAK 350

- Sign up for the Freshmen Retreat
- Go on an Alternative Break trip
- Attend the M.O.R.E. Retreat



Apply to be a Resident Advisor

Campus Jobs

- Admissions Student Ambassador: *Kristina Bakas, Admissions Office*
- Math Peer Tutor: *Patricia Strazdins, Math Center*
- Yoga or Zumba instructor: *Matt Gordon, Fitness Center*
- Intramural Supervisor: *Matt Gordon, Fitness Center*
- Office Assistant Positions: *Visit the "Advantage" site*
- Become a Resident Advisor: *Jonathan Bragg, Residence Life*
- Apply to be a Building Manager or Info Worker: *Domenic DiVincenzo*
- More opportunities? *Visit the O'Brien Center, or your career advisor!*



Become a tutor!

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Listen Up!

"High school is in the past. The majority of the people on campus have no idea who you are or what your past was like. So make a name for yourself and try new things! Now is the time to try new activities that you normally wouldn't have tried and to mingle with people you might not have talked to in high school. Everyone has their own story that makes them unique and everyone has something to offer for Merrimack's campus. The opportunities are endless, so get out there and explore."



— **Amanda Alcox '19**

HSC Events/Programming Committee
Honors Peer Mentor

"Leave your door open, literally and figuratively. Be open to new people, and experiences that Merrimack has to offer, and make it your second home. Whether it's joining a club, or making new friends, get outside your comfort zone because you never know what will happen if you leave your door shut."



— **Chris Crawley '19**
Honors Peer Mentor



Merrimack College Honors Program

Student Survival Guide



Brought to you by:

Joe Fisher, 2017

Molly Malinowski, 2017

Ashley Tomich, 2017

Tori Thistle, 2018

*Directors, Honors Peer Mentoring Program
Chairs, Honors Student Council*



Academics

When it comes to academics, it can be difficult adjusting to a new campus, different styles of teaching, and meeting new people, all while balancing your social life & 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 doing well in school, while enjoying college!

- Go to Professor's office hours
- Have an organized and clean area to study
- Try different study methods
- Make small 'to-do' lists, and accomplish them
- Use your resources! Visit the Academic Success Center for ADA Accommodations, the Writing and the Math Center, along with other help!
- 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!!
- Join study groups with other students in your classes
- Don't get frustrated by a poor grade on a test or assignment; talk to your professor about ways to improve
- Hang out in the Honors Commons

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 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 fit your interests, and join them!
- Varsity athletics not your thing? Join 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 write for the Newsletter
- Visit the Office of Student Engagement on the 3rd floor of the SAK. Talk to Allie Pukala about getting involved!
- Your Peer Mentor is most likely super involved. Speak with them about their experiences, and ask questions!

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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