



STUDENT GUIDE

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ABOUT US

The Project for New Mexico Graduates of Color is a student-run and led group dedicated to promoting and supporting the academic success of underrepresented students at the University of New Mexico. PNMGC serves both undergraduate and graduate students by utilizing a peer mentorship approach to create a community of support for students across diverse backgrounds, identities, and academic interests. Throughout the semester members build a wide network of students and faculty from around the university through the mandatory PNMGC Mentoring Program.

PEER MENTORING

PNMGC's Mentoring Program intends to establish a relationship between a mentor and mentee in which concerns, issues, and experiences may be expressed. By pairing students together who understand the challenges of being underrepresented, they can draw upon their backgrounds and experiences to help each other succeed. In participating, students become more fully engaged within the UNM community for a more enriched college experience and to build a diverse network of professionals. Advantages of the mentoring program are faster degree completion, higher GPA, and preparation for post-university life.

Mentors are friendly, knowledgeable, and relatable resources for mentees to learn from. As a mentor, you will help support and guide students through their time at UNM. You will demystify the undergraduate and graduate school experience and provide insight into classes, professors, and campus resources while offering encouragement and constructive feedback. Those who mentor can build leadership and management skills, expand their professional network, and provide an empowering opportunity to give back to the community.

Mentees are students who have recognized that they could benefit from the guidance of a mentor. As a mentee, you are open to receiving constructive and supportive feedback and are ready to expand your network.

WHY MENTORING MATTERS

Mentoring plays an important role in higher education despite higher education institutions not implementing it as a campus resource for students. Mentoring helps students achieve their goals and aspirations as they go through their academic lives. A few of the main advantages of mentoring include faster degree completion, higher GPA, and preparation for post-university life. However, mentoring goes beyond just academia, extending across academic disciplines, cultures, backgrounds, and personal characteristics.

Mentoring creates connections that impact the people involved and influence their lives at home, work, and in their communities. Further studies have proven that one of the strongest benefits from mentoring, and most consistent across risk groups, is a reduction in depressive symptoms. Those who go through any form of mentoring are also 130% more likely to hold leadership positions and are better prepared for professional careers. Students with a mentor are:



Scan the QR Code to donate to the PNMGC Foundation Account.



*Statistics are courtesy of mentoring.org

HOW TO BE A SUCCESSFUL MENTOR(EE)

PNMGC believes that all students can succeed within the peer mentoring program regardless of background. The following are a few tips to help you develop and maintain a meaningful relationship with your mentor(ee):

1 | Get Acquainted

Focus on establishing a bond with one another so you can enjoy and benefit from your time spent together. Ensure that your relationship isn't forced by meeting up once a month for at least an hour.

2 | Set Realistic Goals & Expectations

Discuss personal and academic goals in your initial meetings. Then develop strategies to help each other to accomplish those goals throughout the semester.

3 | Establish Boundaries

Set boundaries firmly and kindly as early as you can. It is easier to set boundaries when prepared and helps foster healthy relationships with each other. It is important to share boundaries with each other so you can be respected by your mentor(ee) and respect them in return.

4 | Active Listening

Engaged listening allows you to vent to each other about anything necessary. When listening, you are signaling that you are there as a friend to support and guide each other. Validate each other's feelings and experiences during your monthly sessions, this will help create trust with one another.

5 | Respectful Practices

Respect and accept each other's differences to maintain and foster a safe space for all PNMGC participants. Develop a trusting relationship by articulating your needs in a considerate way. Respect each other's opinions and remember you are there to offer honest and supportive feedback, not to critique or judge.

6 | Take Responsibility

Keep in touch with each other, even if it's just to say hello. Properly attend your scheduled meetings; if you cannot, be sure to communicate that with your partner. Understand that you are a pair and what you do or don't do affects them.

7 | Have Fun

We encourage you to foster a supportive relationship without it feeling like an obligation. Create opportunities to spend time doing something you enjoy together.

PNMGC is dedicated to its students and wants to ensure a positive and meaningful for all Peer Mentoring Program participants. If you have any questions or concerns throughout the semester, please reach out to us at gradpeer@unm.edu to set up an appointment with a member of our team.

GET TO KNOW EACH OTHER

The following are questions we suggest you ask during your first meeting to ensure that you get to know each other's future goals and expectations.

What are you studying?

What are your goals for the semester?

What are your plans after receiving your degree?

Are you interested in going to grad school?

Are there any specific resources you need?

What has been your favorite UNM experience so far?

WORKSHOP ETIQUETTE

Arrive on time

Be respectful to the facilitators as they have worked hard to make these workshops and events possible

Stay for the duration of the event/workshop

Register for zoom events/workshops in advance through the PNMGC website

***Failure to abide by workshop etiquette will result in revoked workshop attendance**

PNMGC SCHOLARSHIP

The PNMGC scholarship is awarded to students who have successfully participated in the peer mentoring program for a full semester. Students can apply for the scholarship every semester while they're attending UNM as long as they meet the following requirements:

SCHOLARSHIP REQUIREMENTS

- 1 Must be a full-time registered student at UNM
- 2 Submit a mentor/mentee application by set deadline
- 3 Attend mandatory orientation by set deadlines
- 4 Attend at least **THREE** workshops and **TWO** social events
- 5 Meet once a month with your mentor or mentee for two hours
- 6 Each partner in a pair is to submit the mentoring session tracking form by the end of each month
- 7 Submit a scholarship application by set deadline

*Scholarship requirements are subject to change every semester

PNMGC ACKNOWLEDGMENT STATEMENT

I hereby acknowledge that by participating in the PNMGC Peer Mentoring Program, I am responsible for meeting with my mentoring pair for the required months and abiding by all deadlines given at the beginning of the semester. I understand the scholarship requirements and am responsible for meeting them to the best of my ability. Should an issue arise where I cannot meet the requirement(s), I will inform the PNMGC team as soon as possible. I understand that failure to meet the requirements or convey any issues with the PNMGC team will disqualify me from receiving the PNMGC scholarship. By signing this form, I certify that I have read and understood this acknowledgment and am aware of the consequences.

***Acknowledgement statement is subject to change every semester**

STUDENT RESOURCES

| TITLE | NUMBER | WEBSITE | EMAIL |
|---|----------------|---------------------|---------------------|
| Academic Integrity and Research Ethics | (505) 277-2711 | grad.unm.edu | |
| African American Student Services | (505) 277-5645 | afro.unm.edu | afro@unm.edu |
| American Indian Student Services | (505) 277-6343 | aiss.unm.edu | aiss@unm.edu |
| Asian American Pacific Islander Resource Center | (505) 277-5321 | aapirc.unm.edu | aapirc@unm.edu |
| Career Services | (505) 277-2531 | career.unm.edu | career4u@unm.edu |
| Center for Academic Program Support | (505) 277-7205 | caps.unm.edu | caps@unm.edu |
| Center for Teaching & Learning | (505) 277-1407 | ctl.unm.edu | unmgrc@unm.edu |
| El Centro de la Raza | (505) 277-5020 | elcentro.unm.edu | elcentro@unm.edu |
| Graduate and Professional Student Association | (505) 277-3803 | gpsa.unm.edu | gpsa@unm.edu |
| Global Education Office | (505) 277-4032 | global.unm.edu | geo@unm.edu |
| Graduate Online Writing Lab | (505) 277-0111 | unmgrc.unm.edu | |
| LGBTQ Resource Center | (505) 277-5428 | lgbtqrc.unm.edu | lgbtqrc@unm.edu |
| LoboRESPECT Advocacy Center | (505) 277-2911 | loborespect.unm.edu | loborespect@unm.edu |
| Student Activities Center | (505) 277-4706 | sac.unm.edu | sac@unm.edu |
| Student Health & Counseling | (505) 277-3136 | shac.unm.edu | shac@unm.edu |
| Women's Resource Center | (505) 277-3716 | women.unm.edu | women@unm.edu |



FREQUENTLY ASKED QUESTIONS

HOW FREQUENTLY SHOULD I MEET WITH MY MENTOR(EE)? 1

You must meet at least once a month for two hours; you are welcome to meet more if you would like to.

HOW WILL I KNOW WHO I'M PAIRED WITH? 2

Both you and your partner will receive an email from the PNMGC team with your pair's name and mentoring pair number.

WHAT IF I WANT A DIFFERENT MENTOR(EE)? 3

If you find this to be the case with your match, notify the PNMGC team **immediately** and we will work to re-match you with someone else.

WHO IS ELIGIBLE TO PARTICIPATE AND RECEIVE THE PNMGC SCHOLARSHIP? 4

All registered UNM students can join PNMGC. Those who complete the scholarship requirements and submit a scholarship application by the set deadline are eligible to receive the awarded amount.

WHAT IF MY MENTOR(EE) HASN'T CONTACTED ME? 5

Notify the PNMGC team **immediately** and we will contact your mentor(ee). If problems continue, we are happy to match you with someone else.

WHEN/HOW WILL I RECEIVE MY SCHOLARSHIP? 6

You will receive your scholarship within a week or two after the last day of the semester. The scholarship amount will be directly deposited into your Bursar account. Please contact the bursar's office if you have questions at (505) 277-5363.

HOW OFTEN DO I SUBMIT A MENTORING SESSION TRACKING FORM? 7

You must submit a tracking form after each monthly meeting:

Spring: February, March, and April | **Fall:** September, October, and November

WHAT IF I UNABLE TO ATTEND AN ORIENTATION? 8
Please contact the PNMGC team as soon as possible.

WHAT IF I AM UNABLE TO MEET THE SCHOLARSHIP REQUIREMENTS? 9
Please contact the PNMGC team as soon as you know that you will have difficulty meeting the requirements.

WHAT IF MY SCHEDULE CONFLICTS WITH A WORKSHOP/SOCIAL EVENT THAT I NEED TO MEET THE SCHOLARSHIP REQUIREMENTS? 10
Please contact the PNMGC team **immediately** so we can discuss the situation further.