

SPRING MENTOR WORKSHOPS 2025

Learn how you can offer guidance and advice based on your own experiences. Share insights on academic challenges, career paths, and personal growth. College mentors can create a supportive environment that nurtures growth and development of their young mentee.



RSVP HERE



(848) 445-4040



diceprecollege@rutgers.edu

29

JAN, 2025

11AM-12PM

INTRODUCTION TO MENTORING

Explore the key principles of mentoring, its benefits for both mentors and mentees, and how effective mentoring relationships can foster development, build confidence, and create a lasting impact.

24

FEB, 2025

1PM-2PM

MAXIMIZING MENTORING

Maximize the benefits of the mentoring relationship by understanding best practices, setting mutual expectations, and creating a structured plan for regular and meaningful interactions.

11

MARCH, 2025

2PM-3PM

EFFECTIVE COMMUNICATION

Develop skills for active listening, providing clear instructions, and fostering open dialogue to enhance the mentor-mentee relationship and facilitate better understanding and collaboration.

09

APRIL, 2025

11AM-12PM

POSITIVE MENTAL HEALTH

Learn about common mental health challenges and coping strategies. Learn to support a friend or your mentee and build listening skills. Learn to advocate for yourself and ask for help.



RUTGERS-NEW BRUNSWICK
Pre-College Outreach

Division of Diversity, Inclusion,
and Community Engagement

Beck Hall: Room 215
Livingston Campus