

## *Benefits for the Mentee*

- Receive support and guidance
- Create a strong relationship with a mentor
- Build a network
- Add experience to resume and college learning experience
- Explore career options
- Become a lifelong experiential learner
- Strengthen communication skills
- Strengthen leadership skills
- Strengthen job/life skill development
- Strengthen self-confidence and self-esteem



This information is available in alternative formats upon request.  
For more information, call the Disabilities and Special Services Office at  
651-793-1525 (voice) or 651-772-7687 (TTY).

Revised on June 2009

## *Inspirations*

*“Do not wait for leaders; do it alone,  
person to person.”*

*~Mother Teresa*

*“One of the greatest joy in life is to be in  
search of one thing and discover another.”*

*~Anne Wilson Schaefer*

*“Knowledge speaks, but wisdom listens.”*

*~Jimi Hendrix*

*“One change makes way for the next,  
giving us the opportunity to grow.”*

*~Vivian Buchen*

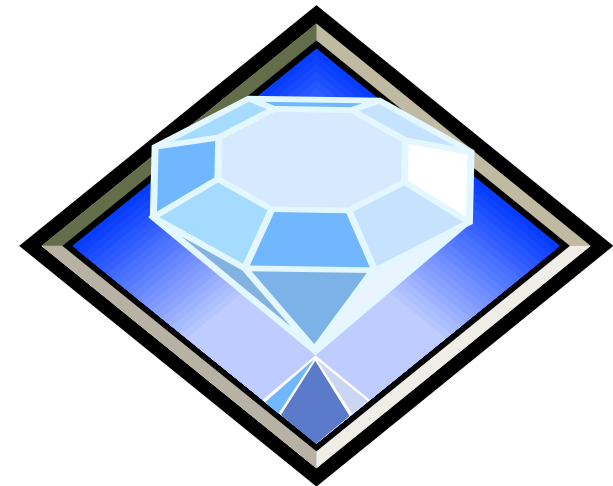
*“People will forget what you said. People  
will forget what you did. But people will never  
forget how you make them feel.”*

*~Bonnie Jean Wasmund*

# G E M S

## Mentoring Program

*Guiding, Empowering, and Mentoring Students*



**Established in 2008**

# *Our Mission: To Guide, Empower, and Support our Students through Mentoring*

## *What is GEMS?*

A unique year long mentoring relationship that offers students at Metropolitan State University a chance to develop a close, positive relationship with a mentor who will empower students in their career interest, personal development and aid them in acquiring life skills. Students team up with a mentor based on their major, career interest and an interview with a GEMS staff member.

## *What is the time commitment?*

- Program starts in September and ends in early May.
- All mentors and students must come to a MANDATORY opening ceremony.
- Mentors and students meet face-to-face a minimum of two times a month and maintain regular communication contact.
- Students are encouraged to attend bi-monthly workshops/meetings with program coordinator to ensure a healthy mentoring relationship.

## *What is the nature of the relationship?*

The nature of the relationship between the mentor and mentees is aimed at career, life skills, and personal development.

## *Potential Students:*

- Currently enrolled undergraduate students
- Be in good academic standing

## *Potential Mentors:*

- A junior, senior, staff, faculty, graduate or community volunteer mentor.



## *How do I apply?*

To request an application or for questions please contact:

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