

Life-Coach Mentor Program Summary

Center for the Advancement of Leadership
Utah Valley University

The Life-Coach Mentor role

The Life-Coach Mentor Program is a program whereby a mentor counsels and nurtures a group of freshman and sophomore students on personal growth and direction.

The program employs an innovative approach to ensuring that Utah Valley freshman and sophomores are given opportunities to develop themselves and discover, with the aid of community mentors, how to unlock their potential and obtain future life direction and purpose.

Being a Life-Coach Mentor is an opportunity for you to share your personal and professional experience, knowledge, and skills with a team of UV students who are just beginning a new life and experiencing life changes. You will act as a coach and a role model with the intent to promote your student's personal development and growth. It is your chance to advise and impact the next generation of leaders in the community.

The nature of the Life-Coach relationship is driven by your available time and the students' needs. It is structured and designed with the limited schedule of an assiduous executive in mind.

Your specific role and relationship with your student will vary from other UV mentors. Your mentoring style will differ depending on the nature of activities, frequency of contact, and individual personalities of your students. But, regardless of your style, good mentors are approachable, available, and leave a strong impression on their students.

A Mentor's Role

Mentors are advisors;
people with career experience willing to share their knowledge;
supporters; people who give
emotional and moral encouragement;
tutors, people who give specific feedback on one's performance;
mentors in the sense of employers to whom one is apprenticed; sponsors
sources of information about and aid in obtaining opportunities;
models, of identity, of the kind of person one should be to be an academic

Morris Zolditch
The Council of Graduate School

Goals and Objectives

- To equip the student with the insight and tools to make informed and ethical career decisions.
- To groom the student into a confident graduate with exceptional leadership, teamwork, creative thinking, and interpersonal skills through coaching and feedback.
- To be a source of advice on personal growth and development; encourage the student to know the world outside of the classroom and UVSC campus.
- To offer your opinion on the student's academic progress, course work, research and post graduate education.
- To provide guidance for the students to understand and explore the students' opportunities in degree and career choice.
- To show the students professional networking skills through example and by providing opportunities.

Achievement of Goals and Objectives

Being available to your students for the purpose of advice and interaction is the key to achieving the goals and objectives of the program. These interactions are occasionally in person, but most commonly by email or telephone.

CAL assists you by communicating best practices, as well as suggestions of beneficial activities, via monthly emails. Such activities might include:

- Use of Topic Templates which will be provided to each mentor. Also downloadable at www.uvsc.edu/leadership
- Discussion and shared opinions of relevant, current business events.
- Providing introductions to colleagues and professional acquaintances practicing in the student's chosen degree; assisting your mentee in building a net-word of professional contacts.
- Invitations to attend UVU campus events, meetings, or activities with your student.
- Supplying your mentees with leads and information regarding internship, co-op or part time job opportunities.

- Advice and counseling on soft skills, such as:
 - organization, time management and multi-tasking
 - creativity and imaginative thinking
 - acceptance of and learning from criticism
 - confidence, attitude and leadership
 - stress and coping skills
 - composure, appearance and professional image
 - anger and conflict management
 - communication and listening skills
- Invitations for your student to join you at professional association meetings, seminars, and company functions.
- Sharing your career path, including successes and failures, as an example of how your mentee can strive to attain their professional goals.
- Review of your student's work including their resume, projects and papers, writing samples, personal calendar/ scheduling, and undergraduate portfolios.

Time Commitment

The burden of responsibility for initiating communication is on the students. Hence, you merely need to be available to respond to their queries for advice, coaching, opinion and direction. This direction can be given via email, telephone, or face to face. This program is driven by the individual student's level of need, but usually no more than one hour per month.

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