Today’s Agenda

• Brief Overview of the PES Program
• Overview of the Peer Mentor Meeting Curriculum
  – The Wellbeing Model
  – Mindset Theory
  – The GROW Model
• Questions and Discussion
Who are PES students?

- Merit-based mentoring and scholarship program
- Admission based on holistic review process
  - Accomplished
  - Involved
  - Resilient
- Often traditionally underserved
  - First-generation (62.6%)
  - Low to modest income (55% Pell Grant recipients)
  - Students of color (62%)
Program Mission

The President’s Emerging Scholars (PES) Program ensures timely graduation of its participants by encouraging and supporting academic, career, and personal wellbeing through scholarships, programming, professional advising, and peer mentoring.
Scholarships

• First year and last year awards
• Engagement scholarships
• Learning Abroad Center
  – Fund the Gap
  – Fischer
• Nice Ride
• Sigma Lambda Beta Fraternity, Inc.
• UMN Foundation
Programming

• Summer Seminar
  – Digital storytelling
  – Community building
  – Connection to campus

• Fall Conference
  – Program overview
  – Wellbeing, mindset theory, and goal setting
  – Campus and community resources
Collegiate Partnerships

- CLA - 40.5%
- CEHD - 35.6%
- CFANS - 8%
- CSOM - 4.5%
- CSE - 3.2%
- CDES - 2.9%
- CBS - 2.5%
- CCE - 1.5%
- Other - 1.3%
Peer Mentoring

• 39 student staff
  – 21 first-year peer mentors
  – 16 second-year peer mentors
  – 2 lead peer mentors
• Approximately 30 students/peer mentor
• Most students meet twice/semester for two years
  – Exceptions include:
    • CEHD students
    • Student-athletes
    • Cohort-based arts majors (i.e., acting BFA; dance BA and BFA; music performance, music education, music therapy BMUS)
Overview of PMM Curriculum

• Rapport- and relationship-building
  – Wellbeing (i.e., academic, career, financial, physical, social, community)
  – Strengths
  – Mindset theory
• Goal setting and coaching
  – GROW and SMART models
  – Powerful questions
  – Campus and community resources
• Goal reflection and writing (see “The Writing That Changes Lives”)
  – Writing exercises
  – PES Plans
  – High Impact Activities
Wellbeing Model

- Academic Wellbeing
- Social Wellbeing
- Financial Wellbeing
- Physical Wellbeing
- Community Wellbeing
- Career Wellbeing
How We use it

Through Peer Mentor Meetings we ask questions like:

• Financial: Have you been looking into any scholarships for next semester?
• Physical: How much sleep are you getting on average per night?
• Career: Career wise where do you see yourself in 5 years?
Questions for your elbow buddy

• How are you or your colleagues already using parts of this model?
• What are some ways you see this model being effective for your student population?
• Is there anything missing from this model?
Mindset Theory

Fixed vs. Growth Mindset
In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting points. This view creates a love of learning and a resilience that is essential for great accomplishments.

Student Example
PES Timeline
Mindset Questions

Think of your meetings with your students.

How would you incorporate a growth mindset strategies with your advisees?
GROW Model

Goals: What do you want?

Reality: What’s the reality? What’s actually happening?

Options: What options do you have? What could you do?

Will: What will you do? What actions steps will you take to reach this goal?
1. Read the GROW questions handout. Discuss a question or two from each letter of the model that resonates with you, and why.

2. Think of students you’re currently working with and a goal they have. How might you use the GROW model to frame your discussion?

3. How might you teach this model to peer mentors/advisors in your department? What would you highlight?