The Academic Mentoring Partnership (AMP) is a program designed for students in the College of Arts & Sciences who would like additional support in reaching their academic goals. In addition to working one-on-one with a peer mentor, AMP participants will have access to a variety of academic resources and the ability to work directly with staff from the CAS Advising Office. Peer mentors differ from tutors in that they offer practical advice, useful information about the college experience, and encouragement to other BU students. They are highly knowledgeable about the University, trained to help address specific problems or concerns, and eager to help fellow CAS students.

Sarah Niles
Academic Advisor, CAS Academic Advising
Office Hours: Wednesday 3pm – 4pm
617-353-2400
sdniles@bu.edu

Tess Varney
Academic Services Administrator, CAS Academic Advising
Office Hours: Tuesday 3:30pm – 4:30pm
617-353-2400
tvarney@bu.edu

New AMP Website: http://www.bu.edu/casadvising/advising-essentials/amp/

AMP Monthly Check-ins – stop in and connect with conversations and treats.

Tuesday, October 7th 4-6pm Leadership Lounge, CSS 423

Wednesday, November 12th 4-6pm Leadership Lounge, CSS 423

Semester Dates – Fall 2014

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Classes begin</td>
<td>Tuesday, September 2, 2014</td>
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<tr>
<td>Last Day to ADD a Standard Course</td>
<td>Monday, September 15, 2014</td>
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<tr>
<td>Last Day to Drop Standard Classes (without a “W” grade)</td>
<td>Monday, October 6, 2014</td>
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<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Holiday, Classes Suspended</td>
<td>Monday, October 13, 2014</td>
</tr>
<tr>
<td>Substitute Monday Schedule of Classes</td>
<td>Tuesday, October 14, 2014</td>
</tr>
<tr>
<td>Last Day to DROP Standard Courses (with a ‘W’ grade)</td>
<td>Friday, November 7, 2014</td>
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<tr>
<td>Thanksgiving Recess</td>
<td>Wednesday, November 26 – Sunday, November 30, 2014</td>
</tr>
<tr>
<td>Classes Resume</td>
<td>Monday, December 1, 2014</td>
</tr>
<tr>
<td>Last Day to Officially Take a Leave of Absence or Withdraw from the University for Fall 2014</td>
<td>Tuesday, December 2, 2014</td>
</tr>
<tr>
<td>Last Day of Classes</td>
<td>Wednesday, December 10, 2014</td>
</tr>
<tr>
<td>Study Period</td>
<td>Thursday, December 11 – Sunday, December 14, 2014</td>
</tr>
<tr>
<td>Final Exams Begin</td>
<td>Monday, December 15, 2014</td>
</tr>
<tr>
<td>Final Exams End</td>
<td>Friday, December 19, 2014</td>
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(ROLE OF A PEER MENTOR – HANDOUT)
(MENTORING MYTHS – HANDOUT)
Questions and Answers from a Mentor Perspective

What makes an effective mentor?

- What does an effective mentor do?

How will you contact your mentee?

How do you establish trust with your mentee?

- # of meetings
- Ways of Communication
- Connection with Staff Mentor

How do you show you’re listening?

How do you engage a quiet student in conversation?

How do you deal with a “no-show”?

How do you handle confidentiality? When does it apply? When does it not?

How do you know when to make a referral and how do you go about doing so?

What are some of the reasons that a student might suffer academic difficulty and find themselves in the AMP Program?

How/why do these factors differ when dealing with international students?
(SMART GOALS WORKSHEET)
Initial Meeting Activities

1. Get to know one another
2. Explain the program
3. Ask your advisee what he or she hopes to get out of the program
   Ask if the student is happy with current schedule
4. Reinforce the fact that you will respect confidentiality
5. Establish a regular meeting time and place
6. Share contact information

Potential Second Meeting Activities:

1. Review syllabi and map out assignments and due dates
2. Discuss time management and complete time grids
3. Review planners
4. Review schedule and discuss add/drop dates
5. Establish a plan for next meeting and beyond

CONFIDENTIALITY

Students will be encouraged to come to AMP peer mentors for any issue they would like to discuss, and these conversations should remain confidential. However, there might be occasions when a problem arises that the peer mentor is not equipped to handle. These cases include clear student distress and crisis situations requiring the aid of a trained staff/faculty, or any other case, which the peer mentor feels, is beyond his or her expertise. In such cases, the peer mentor should consult with the student about his or her options, including the consultation of an outside source for additional advice. This may require that mentees give permission for a peer mentor to share information pertinent in solving a problem.

Helping Someone in Distress for Students
http://www.bu.edu/shs/behavioral/helpinfo/students/

Some Simple Guidelines

An individual who is distressed often wants help but doesn’t know how to ask. You can play an essential role by expressing your concerns in a caring, nonjudgmental way.
• Find a private, comfortable place to talk.
• In your own words, explain your concerns.
• Ask open-ended questions. Your friend may choose not to answer, but may feel relieved to know you are trying to understand.
• Don’t feel compelled to find a solution. Often listening is enough.
• Suggest that your friend can get more help if needed. You can give this brochure to your friend and point out the resources available at BU.
• Know your own limits. If you find yourself thinking about your friend too much, it might help to speak with your AMP Staff Mentor, an RA or residence hall director, someone from Residence Life, a dean, or someone from Student Health Services. You don’t have to handle this alone; many people are here and available to help.

How to Make a Referral:

• Suggest that your friend make an appointment.
  o Student Health Services: 617-353-3575
  o Behavioral Medicine: 617-353-3569
  o SARP: 617-353-SARP (7277)

Student Health Services and Behavioral Medicine are at 881 Commonwealth Avenue West. SARP is located at 930 Commonwealth Avenue.

• If necessary, you can help your friend make an appointment. Call while your friend is with you. Write down the appointment details, including time, provider’s name, and location.
• If you think it is an emergency, call and say that your friend needs to be seen urgently. Stay on the line until you understand the specific steps you should take.

  International students will face extra issues:

• Culture shock
• Home sickness
• Practical issues – health services, banks, etiquette
• Fitting in and feeling a sense of belonging
• English language is often an issue
• Useful for our international mentors to share their experiences
(MENTOR ACTIVITY LOG)
ADDITIONAL RESOURCES:

CAS Advising Center
100 Bay State Road, (CSS) room 401; 617-353-2400
www.bu.edu/cas.academics.undergraduate.education.student.academic.life.academic-advising/
  • Planning your Degree Program
  • Registration
  • Interpreting and implementing the College’s academic regulations, standards, and policies
  • Intra-University transfer
  • Boston University's Collaborative Degree Program (BUCOP)
  • Leave of absence/withdrawal
  • Academic difficulties, problems or concerns

Center for Career Development
100 Bay State Road, (CSS) 5th & 6th Floors; 617-353-3590 www.bu.edu/careers
  • Assistance with obtaining internships or employment; career fair/expo information and company/employee resource
  • Resume, cover letter and interview assistance
  • Career exploration resources such as; Career Counselors (individual 50 minute appointments), BU Career Link (provides internship and job listings exclusively for BU students and alumni), Career Exploration Group (CEG) enables students to learn more about their own personal styles and work preferences, the wide variety of options available in the world of work, and techniques for making and implementing career and job-search plans
  • Workshops for career development and academic success

Educational Resource Center
100 Bay State Road, (CSS) 5th & 6th Floors; 617-353-7077 www.bu.edu/erc
  • Peer tutoring program for a wide variety of classes that will provide guidance and support for academic achievement
  • Writing Assistance – from concept to outline to finishing touches, help with writing concerns such as organization, documentation and style
  • Language Link - opportunity for BU students, faculty, staff and alumni to enhance their foreign language skills in small, informal conversation groups led by native speakers.
  • Workshops – Enhance academic achievement and are offered in both Academic Study Skills as well as ESL Grammar Workshops
**Student Health Services**
881 Commonwealth Ave, 1st Floor; 617-353-3557 [www.bu.edu/shs](http://www.bu.edu/shs)
- Primary Care
- Immunizations
- Speak to a nurse

**Behavioral Health Services**
- Help in addressing short-term psychological issues
- Alcohol and other drug programs
- Support Groups
- Workshops

**IT Help Center @ Mugar Library**
771 Commonwealth Ave, 1st Floor; 617-353-4357 [www.bu.edu/tech](http://www.bu.edu/tech)
- Assist with computer issues/problems

**Barnes & Noble at BU**
660 Beacon St.: 617-267-8484; [www bkstore com/bu](http://www bkstore com/bu)
- Buy books for courses and BU gear

**Disability Services**
19 Deerfield Street (2nd Floor); 617-353-3658 [www.bu.edu/disability](http://www.bu.edu/disability)
- Equality of access to University programs and services
- Provision of reasonable accommodations
- Provision of auxiliary aids and services
- Access to accessible and fully integrated University Housing
- Special dietary accommodations through Dining Services
- Career development, personal counseling, study skills and tutoring information, and academic support available through other campus resources.
- Access to staff at Disability Services for consultation on developing self-advocacy skills, organizing and managing accommodations, and developing a support system.

**Student Employment**
881 Commonwealth Ave, 2nd Floor; 617-353-3594 [www.bu.edu/seo](http://www.bu.edu/seo)
- Student Job Service and Work Study

**Student Activities Office**
YouDo@BU – online events that showcase programs and events that happen campus-wide and provide a directory of all student organizations

Community Service Center
775 Commonwealth Ave (GSU) 4th Floor; 617-353-4710 www.bu.edu/csc
- A student-run office dedicated to volunteering in the heart of Boston

FitRec (Fitness & Recreation Center)
915 Commonwealth Ave 617-353-2748 www.bu.edu/fitrec
- Fitness Facility

Howard Thurman Center
775 Commonwealth Ave (GSU) Lower Level; 617-353-4745 www.bu.edu/thurman
- Provides a comfortable space and innovative programs where you can connect with others from diverse social networks
- Learn languages through Loretta Stone
- Explore cultures on campus by attending our Book Club or Tea Time or off-campus by joining our Beyond Comm Ave excursions
- Discuss and have meaningful interactions in small groups through Courageous Dialogues or anytime through our Culture Shock blog

International Programs
888 Commonwealth Ave, 2nd Floor; 617-353-9888 www.bu.edu/abroad
- Creates opportunities for undergraduate study abroad around the world

International Students and Scholars Office
888 Commonwealth Ave, 2nd Floor; 617-353-3565 www.bu.edu/isko
- Maintenance of lawful immigration status
- Assist with processing to: Travel outside and return to the U. S., work on campus, drop below a full course or study, withdraw from school, extend time limit for completion of study, transfer to or from another school
- Assist with Immigration authorization to: Work off campus, change immigration status, work after graduation
- Maintenance, renewal and replacement of passport, visa, I-94, I-20, DS-2019
- Assist with New student orientation, cultural adjustment, social security card application, University policies and procedures