

Resource Guide

Mentoring Undergraduate Students

Instructor-student mentoring is important because it can “assist students to make sense of their own educational futures and career paths, help them feel welcome as scholars in their disciplines, and provide them with access to important networks of information and people to aid them in their success” (DeAngelo et al., 2016, p. 318). Based on survey data that included 200 undergraduate students, Nora and Crisp (2008) reported over thirty desired characteristics of a mentor situated across different dimensions of instructor-student mentoring.

Below are dimensions and mentoring characteristics to help you begin developing evidence-based strategies for mentoring undergraduate students.

- **Psychological and emotional support: *My mentor...***
 - Helps me develop coping strategies when my academic goals are not achieved
 - Expresses their personal confidence in my ability to succeed in pursuit of my academic goals
- **Goal setting and career paths: *My mentor...***
 - Helps me explore realistic options and provides guidance on attainable academic objectives
 - Explains degree and career options
- **Academic subject knowledge support: *My mentor...***
 - Asks questions so that I can explain my views regarding my academic progress
 - Follows up on my decisions to develop better study habits by asking questions about my actual progress.

Resources

Anderson, D. D., & Shore, W. J. (2008). Ethical issues and concerns associated with mentoring undergraduate students. *Ethics & Behavior, 18*, 1-25.

DeAngelo, L., Mason, J., & Winters, D. (2016). Faculty engagement in mentoring undergraduate students: How institutional environments regulate and promote extra-role behavior. *Innovative Higher Education, 41*, 317-332.

Nora, A., & Crisp, G. (2008). Mentoring students: Conceptualizing and validating the multi-dimensions of a support system. *J. College Student Retention, 9*, 337-356.

For more information or to discuss how you might incorporate these ideas into your courses, contact the Reinert Center at ctl@slu.edu.