

# Global Health M&M Mentee FAQ

## What are the expectations of the program?

Mentors and Mentees (aka M&Ms) will meet 3-4 times throughout the semester, including the M&M meet and greet event (September 24th, 4pm, Russell Labs). There may be periodic check-ins from the Global Health advising staff over email as we analyze the program in its first semester. Students are also expected to message the Global Health staff if they have any concerns or can no longer participate in the program. Please don't ghost us!

## What should my mentor and I do?

Pretty much anything but we highly encourage you to attend activities that are Global Health or UW related. Here are some examples:

- Enjoy Nature/Hike
- Volunteer
- Active Citizenry (Attending a council meeting, voter recruitment)
- Study Group
- Attend a "wellness" event
- Attend Lectures (especially with GHI)
- Identity events (Wunk Sheek, BIPOC, Multicultural Center events)
- Go for snacks and coffee
- Global Health Fun Fridays
- Career/Event workshop/panel
- End of Semester party

## What if I transfer out of the Global Health major?

The commitment for this program is only for one semester, so we do request you continue for the semester. You can share that with your mentor as well, it's possible they've switched majors in the past too!

## What if I can't continue as a mentee for other reasons?

We understand life happens and sometimes you can't continue with the program. We do request you let us know if you cannot continue so we can reassign your mentor to another mentee. But remember the requested commitment is only a minimum of 3 meet-ups a semester, including the meet and greet. We believe this commitment is low enough that it won't interfere with classes or commitments you have outside of UW.

## What am I going to get out of the program?

This is a great opportunity to network with other Global Health students and learn about what the journey for you might look like going forward. You and your mentor are both going to be future graduates entering a work force, and by developing your network now you could have relationships that continue well into your career. This is also a great chance to get recommendations for classes, events, and activities outside of UW that other Global Health students have participated in.