

Global Health M&M Mentor FAQ

What are the expectations of the program?

M&M Trios will meet 3-4 times throughout the semester, including the M&M meet and greet event in fall. Mentors will also have the opportunity to help plan events for the school year with other Mentors. There may be periodic check-ins from the Global Health advising staff over email as to help support your groups. 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 group 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 don't feel like an expert in Global Health?

That is not what we are looking for in mentors. We understand that you are also probably newer to this area of study, and we ultimately want you to share your experience as a student and your journey towards graduation so that younger students can understand the path they are on.

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. We actually encourage you to share with your mentee that you plan to switch majors, because it's important younger students understand that it is okay to switch majors!

What if I can't continue as a mentor 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 mentee to another mentor. But remember the requested commitment is only 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 develop leadership and networking skills. You and your Trio 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. You will develop your leadership skills by suggesting activities, reaching out to your mentee, and offering Obi-wan Kenobi like guidance to incoming students. The group dynamics will also develop teamwork skills that you will use throughout your career.