

GOT YOUR

6

MENTORING PROGRAM

GUIDEBOOK

FOR MENTORS AND MENTEES



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Program Overview

Got Your Six is a vet-to-vet mentoring program. In the military, “Got your six” means “I’ve got your back.” The saying originated with World War I fighter pilots referencing a pilot’s backside as being the six o’clock position. It is now a ubiquitous term in the military that highlights the loyalty and cooperation found in military culture. At Sacramento City College we want to carry on this commitment of helping veterans by providing a support system that allows veteran students to move forward in accomplishing their personal and academic goals.

A Vet-to-Vet mentoring program is key to helping new veteran students overcome challenges, such as meeting academic expectations, establishing a balance between academic and personal responsibilities, relating to nonveteran students, and coping with service-related injuries.

Our Program Goals

- ★ Provide a vet-to-vet support system to ease the transition from service to school
- ★ Strengthen student veteran networks on campus
- ★ Improve veteran students’ academic success and retention
- ★ Link new veteran students to various campus resources
- ★ Increase new veteran students’ completion of Steps to Success

“Navigating through college can be tricky and transitioning from military to civilian life makes it even tougher. I was glad I was able to help guide and encourage other veterans through this process.”

– Chris,
Got Your Six
Mentor
(Army National
Guard)



What is a Mentor?

Mentor Requirements and Attributes

- ☆ Must be a current SCC student who has served or is serving in the US military (active duty, guard or reserve)
- ☆ Must have completed at least one semester at SCC
- ☆ GPA 2.0 or higher
- ☆ Be able to make a semester-long commitment to the mentoring program
- ☆ Be able to commit to the monthly mentor obligations
- ☆ Ability to project a positive attitude (a must)
- ☆ Be able to sign both a mentor contract and a mentor/mentee agreement to establish commitment to the program

Mentor's Role

- ☆ Mentors will help with the essential part of empowering new veteran students during their transition time
- ☆ Mentors will become an important part of helping new veteran students succeed at Sacramento City College by:
 - ⊛ Helping their mentee adjust to being a college student
 - ⊛ Assisting their mentee with time management skills
 - ⊛ Educating their mentee about campus resources
 - ⊛ Helping their mentee achieve academic success
 - ⊛ Supporting the VRC in building a strong SCC veteran community
- ☆ Mentors will work closely with the program coordinator in identifying topics of discussion and/or campus resource suggestions for mentor/mentee weekly hours
 - ⊛ Suggestions will be sent out to mentors on Fridays

“By helping my mentee get organized, I also became more organized; it was a rewarding experience for both of us.”

– Greg,
Got Your Six
Mentor
(Air Force)

Got Your Six Mentor Expectations

- ☆ Commit to a semester-long mentor/mentee match
- ☆ Develop a positive relationship with your assigned mentee
- ☆ Meet with assigned mentee two hours per week, e.g., one-on-one meetings, accompanying mentee to student support workshops, veteran student council meetings, or VRC activities
- ☆ Provide weekly SITREPS (to include weekly hours with mentee and program feedback) to VRC coordinator each Friday
- ☆ Attend mentor training sessions and the mid-semester mentor update session
- ☆ If uncomfortable or have any concerns must be able to communicate them to program coordinator

Mentoring has distinct characteristics – the list below exemplifies what *Got Your Six* Mentors can expect from their role as a mentor.

Distinct Mentoring Components

- ☆ Mentorships can be enduring personal relationships
- ☆ Mentorships are reciprocal relationships
- ☆ Mentors should demonstrate positive and helpful personalities
- ☆ Mentors can provide mentees with assistance in finding support services
- ☆ Mentors can provide mentees with social and emotional support
- ☆ Mentors should serve as role models
- ☆ Mentorships can offer a “safe harbor” for mentees to seek advice and help

Interested in being a mentor?

**Stop by the Veteran Resource Center in
the Performing Arts Center (PAC), room 101**

Keys for Successful Mentoring

While there is no standard formula to be a successful mentor, there are steps you can take to improve your success:

Be Accessible – maintain a system for reaching out to your mentee (scheduled phone calls and/or emails), engage your mentee in conversation, share information about yourself – what advice can you give about transitioning into college – and always remain open to conversation with your mentee.

Be Selective – do not over-commit yourself, focus on smaller number of high-quality time with your mentee rather than longer one-on-one meetings.

Provide Encouragement and Support – this is very important when establishing the mentor/mentee relationship.

Teach and Train – you have experience in transitioning from military service into college – share your experiences, provide helpful tips.

Set Goals – set clear and challenging goals for how you will be providing your mentee with helpful information, how you will connect your mentee to student support services, and how you will accomplish your assigned responsibilities to the VRC.

Provide Information – help demystify the new system of education for the new veteran student:

- ☆ Institutional policies
- ☆ Norms, standards, values, ideology, resources at SCC
- ☆ Skills and competencies necessary for advancing toward their academic goal
- ☆ Common hurdles and stumbling blocks

Self-Disclose when Appropriate – be willing to share your success and failures if lessons are beneficial and applicable.

Allow Increasing Mutuality and Collegiality – the best mentor relationships become professional friendships.



Challenges our Mentors have encountered in the past:

- ★ Learning how to set the tone for helping another person through college
- ★ Figuring out which student services program would be most beneficial to the mentee
- ★ Teaching the strategy of time management to the mentee
- ★ Explaining what prerequisite courses mean

What our Mentors have learned in their role:

- ★ Gained information about campus student services
- ★ Time management skills
- ★ How to help someone succeed

What is a Mentee?

Mentee Requirements & Attributes

- ☆ Must be a new student enrolled at SCC for their first semester and have served or is serving in the US military (active duty, guard or reserve)
- ☆ Must be willing to commit to being in a mentor/mentee relationship for duration of one semester
- ☆ Must be willing to attend weekly activities with mentor and/or meet with mentor at agreed upon dates/times
- ☆ Must be willing to sign a mentor/mentee agreement

Mentee Expectations

- ☆ Develop a positive relationship with your assigned mentor
- ☆ Agrees to meet with mentor on a regular weekly basis
- ☆ Agrees to utilize mentor as a resource for academic success
- ☆ Agrees to commit to the program for one semester
- ☆ If uncomfortable or have any concerns must be able to communicate them to program coordinator



**A mentor
is NOT an
academic
advisor**



**A mentor is
NOT a social
buddy**



Challenges our Mentees have encountered:

- ☆ Getting used to a new culture of academics
- ☆ Learning how to ask for assistance
- ☆ Figuring out how to handle school, work, and family life

What our Mentees have to say about the program:

- ☆ Having someone to talk to was extremely helpful
- ☆ The transition to college was smoother
- ☆ Learning about the campus Veteran Resource Center was valuable

“My mentor’s knowledge and willingness to help me has been instrumental in my success during my first semester in college.”

–DJ,
Got Your Six
mentee
(Coast Guard)

Interested in being a mentee?



**Stop by the Veteran Resource Center in
the Performing Arts Center (PAC), room 101**

Matching the Pairs

If at all possible, the *Got Your Six* teams are selected based on either:

- ☆ A match in majors
- ☆ A match in career interests

In addition, women are usually matched with one another when possible in an effort to create a strong women's veterans community within the larger VRC population.

The program coordinator will contact you with information on your match. This information will include the email address and phone number for the individual you have been paired with as well as the date scheduled for the *Got Your Six* Meet & Greet session. It is recommended, that if possible, mentors reach out to their mentees prior to the Meet & Greet to perhaps schedule their first in-person meeting or a phone call. Attending the Meet & Greet session is required for all matches. At this session each pair will complete their Agreement Forms.

It is suggested that each pair try to spend time getting to learn about one another's academic goals, career interests, or work activities.

These sample questions can be posed to either a mentor or mentee:

- ☆ What are your expectations for being in the mentoring program?
- ☆ What would you like to gain from the program?
- ☆ What are your interests and hobbies?
- ☆ What type of career are you interested in?

Program Coordinator Role

- ☆ Provides support to mentors and mentees
- ☆ Provides training for mentors
 - ✦ Initial Mentor training
 - ✦ Mid-semester check-in
- ☆ Links mentor/mentee to campus resources
- ☆ Organizes at least two *Got Your Six* social events per semester
 - ✦ Meet & Greet event
 - ✦ End-of-the-Semester event
- ☆ Initiates and tracks mentor updates using the *Got Your Six* weekly SITREPs, email lists, and in-person communications
- ☆ Facilitates opportunities for team-building for all *Got Your Six* members
- ☆ Provides intervention should mentee or mentor be struggling
- ☆ Oversees the assigned responsibilities of the mentors



Contact Information

Jake Kattan, Veteran Resource Center Representative & *Got Your Six* Coordinator
Performing Arts Center, room 101
916-650-2951
scc-vrc@scc.losrios.edu

Blanche Levy, VA certifying official
Student Services Building
Admissions & Records
916-558-2591
levyb@scc.losrios.edu

Karin Mack, Success Coach
Student Services Building
916-558-2390
successcoach@scc.losrios.edu

VRC Counselors

Mary-Sue Allred, Counselor
916-558-2299
allredm@scc.losrios.edu

Anh Nguyen, Counselor
916-558-2071
nguyena2@scc.losrios.edu



Got Your Six Program – Sacramento City College – Veterans Resource Center

Example of Mentor & Mentee Agreement

We are voluntarily entering into a mentoring team from which we both expect to benefit. We want this to be a worthwhile and rewarding experience with most of our time spent learning about campus resources and becoming more connected to the Veteran Resource Center. To this end, we have mutually agreed on the terms and conditions of our team expectations as outlined below.

Objectives

We hope to focus on the following topics/issues relating to challenges new veteran students may encounter at SCC. (List at least 3 and you can certainly list more than 5)

- 1.
- 2.
- 3.
- 4.
- 5.

To accomplish the above objectives, we plan on doing the following, e.g. visit specific student support services, talk to specific staff/faculty, etc. (list at least 3 and you can certainly list more than 5)

- 1.
- 2.
- 3.
- 4.
- 5.

Confidentiality

Any sensitive issues that we discuss will be held in confidence. Issues that are off-limits include:

Frequency of meetings

We will attempt to meet at least _____ (fill in the amount) times each month. If we cannot attend a scheduled meeting, we agree to be responsible to notify one another.

Duration

We agree that our team will continue until the end of _____ semester.

No-Fault Termination

We are committed to open communication between one another. We agree to work with the VRC coordinator should any conflicts arise. If, however, one of us is unable to fulfill the agreed upon duration, we agree to abide by the decision of our team member.

Peer Mentor signature

Date

Peer Mentor name (print)

Mentee signature

Date

Mentee name (print)

SACRAMENTO CITY COLLEGE

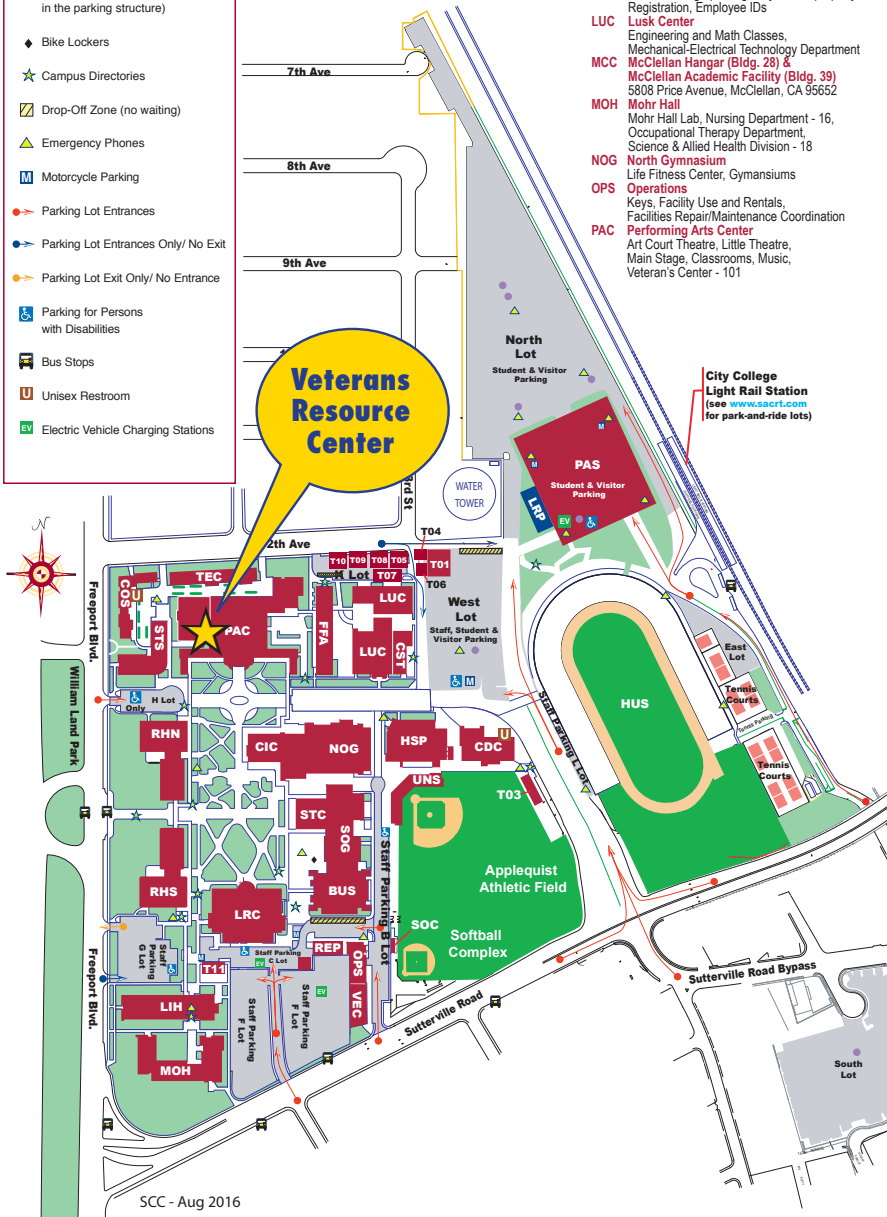
3835 Freeport Blvd.
Sacramento, CA 95822
www.scc.losrios.edu

- BUS Business Building**
Business Division - 213, Business Division Open Lab - 151, Business Student Center - 224, Computer Services, Learning Resources Academic Computing Lab - 152, Registration and Financial Aid Lab - 153
- CDC Child Development Center**
Classrooms, Preschool
- CIC City Café**
- COS Cosmology Building**
- CST College Store**
Bookstore
- DAC Davis Center**
1720 Jade Street, Davis, CA 95616
- FFA Fischbacher Fine Arts Building**
Gregory Kondos Art Gallery, Art classes & Studios

- HSP Hoos Swimming Pool**
KHA (Kinesiology, Health and Athletics) classes, Intercollegiate Swimming and Water Polo
- HUS Hughes Stadium**
KHA (Kinesiology, Health and Athletics) classes, Intercollegiate Football, Track & Field and Soccer
- LIH Lillard Hall**
Science classes
- LRC Learning Resource Center**
First Floor: Distance Education and Instructional Development, Instruct. Media and Computing, Media Production & Services, Learning Skills and Tutoring Center, Staff Resource Center - 106
Second Floor: Library, Library Reference Desk
Third Floor: Special Collections Room (Archives)
- LRP Los Rios Police Department**
Staff parking permits, lost and found, crime reports, Live Scan fingerprinting, bicycle and property Registration, Employee IDs
- LUC Lusk Center**
Engineering and Math Classes, Mechanical-Electrical Technology Department
- MCC McClellan Hangar (Bldg. 28) & McClellan Academic Facility (Bldg. 39)**
5808 Price Avenue, McClellan, CA 95652
- MOH Mohr Hall**
Mohr Hall Lab, Nursing Department - 16, Occupational Therapy Department, Science & Allied Health Division - 18
- NOG North Gymnasium**
Life Fitness Center, Gymsiums
- OPS Operations**
Keys, Facility Use and Rentals, Facilities Repair/Maintenance Coordination
- PAC Performing Arts Center**
Art Court Theatre, Little Theatre, Main Stage, Classrooms, Music, Veterans Center - 101

- PAS Parking Structure**
- REP Reprographics**
Duplicating, Graphic Impressions
- RHN Rodda Hall - North**
First Floor: Business Services Office, Dean of Counseling and Student Success - 111, EOPS/CARE, Financial Aid, Information & Orientation, Counseling Area: Career Center, Counseling, Health Center, International Student Center, Transfer Center, Work Experience.
Second Floor: Behavioral and Social Sciences Division - 226, Vice President of Administrative Services - 269, Vice President of Instruction - 257, Vice President of Student Services - 272, College Advancement/Scholarships/ Foundation - 222, Planning, Research & Institutional Effectiveness - 221, President's & Public Information Offices - 277
Third Floor: Under Construction
- RHS Rodda Hall - South**
First Floor: Dental Clinic, Math Lab, MESA, Math Classrooms, Math Faculty Offices
Second Floor: Language & Literature Division
Third Floor: ESL Center, Reading Lab
Fourth Floor/Rooftop: Observatory
- SOC Softball Complex**
- SOG South Gymnasium**
Associated Student Government - 226, Dean of Student Equity and Success - 226, Humanities & Fine Arts Division - 129, Math, Statistics & Engineering Division - 220, Matriculation, Student Leadership & Development - 226
- STC Student Center**
Cultural Awareness Center
- STS Student Services**
First Floor: Admissions & Records, Assessment Center, Associate Vice President of Enrollment and Student Services, College 2 Career, Deaf Services, Disability Services and Programs for Students (DPS), Outreach and Recruitment, Workability
Second Floor: Journalism Department & Classrooms, Photography Department & Studio
- TEC Technology**
Mac CAD Lab, GCOM classes
- T01 Temporary 1**
CalWorks
- T03 Temporary 3**
Classrooms
- T04 Temporary 4**
Classrooms
- T05 Temporary 5**
RSE
- T06 Temporary 6**
Classrooms
- T07 Temporary 7**
Classrooms
- T08 Temporary 8**
Classroom/Lab
- T09 Temporary 9**
Office Space (TBD)
- T10 Temporary 10**
Classrooms
- T11 Temporary 11**
Science Classroom
- UNS Union Stadium**
- VEC Vehicle Compound**
- WSC West Sacramento Center**
1115 West Capitol Ave., West Sacramento, CA 95691

- Parking Permit Machines
(No daily parking permit machines in the parking structure)
- ◆ Bike Lockers
- ★ Campus Directories
- ▨ Drop-Off Zone (no waiting)
- ▲ Emergency Phones
- M Motorcycle Parking
- ➔ Parking Lot Entrances
- ➔ Parking Lot Entrances Only/ No Exit
- ➔ Parking Lot Exit Only/ No Entrance
- ♿ Parking for Persons with Disabilities
- B Bus Stops
- U Unisex Restroom
- EV Electric Vehicle Charging Stations





VETERANS RESOURCE CENTER

scc-vrc@scc.losrios.edu
www.scc.losrios.edu/vrc

Front Cover Photo Credit

Description: The Coast Guard Color Guard stands in formation on Coast Guard Hill at Arlington National Cemetery, before the 2008 Veterans Day ceremony.

Photographer: Petty Officer 1st Class Adam Eggers