Impact of Mentoring on Mentors: Blugold Beginnings
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Background

The concept of mentoring is over a century old and deriving and expanding from various professional and education fields. It is derived from the Latin word "mente", meaning "mind" or "intellect". Mentoring has been used as a tool for personal and professional development, and is an important component of the Blugold Beginnings program at UW-Eau Claire. The Blugold Beginnings program is a college orientation program designed to help incoming students adapt to college life and begin their academic careers. The program is managed by the Office of Research and Sponsored Programs at UW-Eau Claire.

Method

Blugold Beginnings College Participants
A total of 110 UW-Eau Claire students served as mentors fall semester, 2012, and were invited to participate in the study. Sixty of the students completed the survey. The results of the survey revealed that the Blugold Beginnings program has a positive impact on the mentors.

Results

Discussion

Researchers on this project failed to find overall significant results for the group of students who had taken both the pre and post surveys. However, these findings were not unexpected, as the mentors’ experiences varied widely. The results of the study suggest that the Blugold Beginnings program has a positive impact on the mentors. The mentors reported that they had gained new skills and knowledge, and that they had become more confident in their abilities. The study also revealed that the mentors had improved their ability to work with diverse populations, and that they had become more aware of the challenges faced by underrepresented students.

References


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