

# JOIN STEM-UP Network Mentoring

*WHETHER YOU WOULD LIKE TO BE MENTORED OR BE A MENTOR, WE WANT YOU!*



## DESIGN

- Intentional pairing, focused on strengths and needs
- Low-commitment, high-impact structure: orientation, monthly discussions, and a periodic review with a program-assigned mentor to support pairs
- Workshops, community forums and events offered periodically to build your network of STEM professionals in our region for collaboration, connection and support

**200+ mentoring relationships  
created in our first five years**

## RESEARCH-SUPPORTED BENEFITS

- Increased productivity and faster promotion rates
- Opportunities to grow your network: create new partnerships and find potential collaborators
- Feelings of personal satisfaction, job satisfaction and a more positive work attitude
- Opportunities for visibility and recognition

### PROGRAM FEES AND TO REGISTER

[STEMUPNETWORK@HARRISBURGU.EDU](mailto:STEMUPNETWORK@HARRISBURGU.EDU)

[WWW.STEMUPNETWORK.ORG](http://WWW.STEMUPNETWORK.ORG)



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OF SCIENCE AND TECHNOLOGY

## ***From participants***

Serving as a mentor in the network has helped me with useful insight into my own career and department. Through our discussions, I re-evaluated my own choices and decided to build a sustainable work-life balance. I connected with three other women as part of a peer mentor group experience and we continue to meet a few times a year for a meal to re-connect, share experiences and offer support. It's been a great bonding experience and has helped to build my confidence as a professional.

My mentor has been extremely supportive, helping me to stay calm, productive and she helps me think through my most important priorities.

The program connected me with a professional woman outside of my organization, and that was an important criteria for me!

My mentee's enthusiasm is contagious! Through conversations with her I have realized that it is time I re-worked some of my own approach at work. These are things I have been thinking about, but had been putting on the back burner.

## **MENTORING PROGRAM FALL 2018– SPRING 2019 INCLUDES**

### **Orientation, Saturday October 2, 2018**

Sessions for new and returning participants

### **Monthly Mentoring Sessions**

In-person or by phone

### **Executive Committee Member Periodic Reviews**

For added structure and support

### **Fall Workshop Friday December 7, 2018**

*Confidence: How Do I Get More?*

### **Spring Workshop Saturday April 13, 2019**

*Innovative Teaching Strategies*

### **Spring Workshop Friday May 17, 2019**

*Productivity Assets & Blocks*