

JOIN STEM-UP Network Mentoring

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

MENTORING

Broaden Your Professional Networks!

Harrisburg

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
WWW.STEMUPNETWORK.ORG

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 reconnect, 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, September 22, 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, October 26, 2018

Confidence: How Do I Get More?

Spring Workshop Saturday, April 6, 2019

Innovative Teaching Strategies

Spring Workshop Friday, April 19, 2019

Productivity Assets & Blocks