



South Dakota State University & University of South Dakota

The program brought together student mentors, who got guided practice helping others, with mentees, who are students who need a little support navigating college life. Mentor pairs met two times a month, a minimum of eight times over the course of a semester.

25 mentor pairs participated during the 2021-22 school year

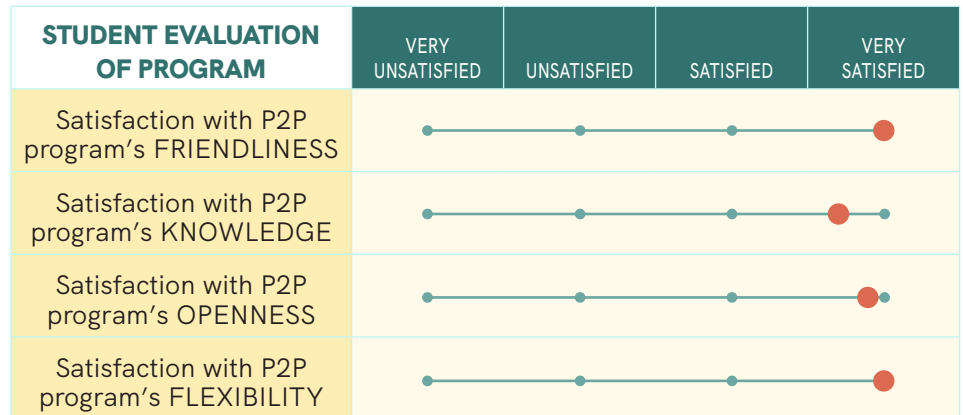
FEEDBACK FROM MENTEES

What were some important things you learned from your time as a mentee?

- Getting more confident about myself
- Ways to make the most with my time, and to not blame myself when things go wrong.
- Starting to think that I could open up more and trust people but it is ok that I don't fully

What have you enjoyed most about the program?

- Their flexibility where we can still be part of the program while doing our personal stuff. I have improved a lot in term communicating with others and dealing with unusual situations.
- The advice from my mentor helped me a lot.



Average of responses

- I have enjoyed having someone who is older and more experienced on campus help me out because I know that at one point in time they were just like me.
- I enjoyed having a person to vent to, that's been nice.
- Having someone to talk to that is around the same age as me and has more open times to meet and talk.

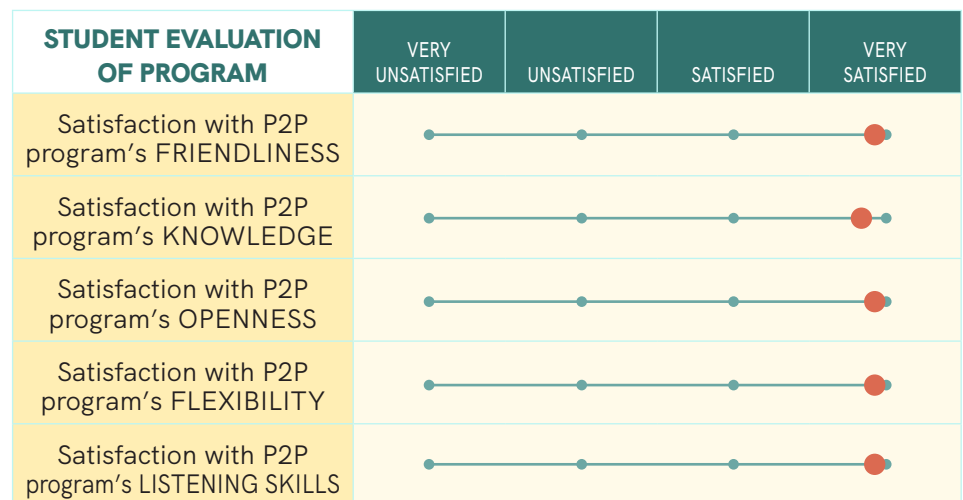
FEEDBACK FROM MENTORS

What were some important things you learned from your time as a mentor?

- How impactful an hour a week can be on a person.
- I think I just learned more about my mindset and how I myself reflect on my life experiences. It's beneficial for me to have this reflection time and think about how far I've come, too!
- I feel I learned how to problem solve and think on my feet and evaluate sources for useful solution and advice.
- Be open to different forms of communication. Not everyone has the same experiences throughout college.

Any additional comments?

- I loved seeing the growth and progress (mentee's name) has made throughout the semester.
- I enjoyed my time in the program, and I'm thankful to have been a part of such cool change!
- I was so grateful to be a part of this program and am looking forward to doing it again next semester!



Average of responses

Responses above were selected from all responses received.