

The Mentor

Spring 2023

**CAMPUS
CONNECTIONS**

UCCS University of Colorado
Colorado Springs

UCCS

College of Education
UNIVERSITY OF COLORADO COLORADO SPRINGS



CONTENTS

What is Campus Connections?

- What is Campus Connections?
- Director's Dispatch
- Staff and Mentors
- Mentee Experience
- Research Update
- Mentor Recruitment
- News & Events

Campus Connections is a wellness and resiliency-oriented service-learning program that pairs UCCS students and youth from the community in mentor-mentee relationships. Youth are referred through our El Paso County community partners and are matched with a UCCS student who provides one-on-one therapeutic mentoring throughout the semester.

Mentors spend four hours once a week with their mentee providing academic support, career planning, and promoting positive social skill development.

UCCS mentors support youth in building goals while providing a supportive environment to help them achieve those goals. Campus Connections takes place on UCCS's campus, giving participants exposure to university life and the potential to explore the possibilities of life long learning.

Director's Dispatch



Dear Campus Community and Community Stakeholders,
This semester has given us a wonderful year to engage with a multitude of at-promise youth with our highest participation rates yet. We were able to work with students from 4 different school and each brought its own perspectives and challenges.

Thanks to the wonderful work of our mentors, the mentees got to interact with many activities that broached the subjects of online safety, social justice, creativity, empathy and teamwork. Our mentees had many opportunities to socialize and used them to make this semester's campus connections a memorable experience.

This year marked a unique challenge in that many of our mentees have just reentered school after two years of being online. This presented our mentors a role in helping their mentees readjust to a new normal.

On behalf of the entire team at Campus Connections and the Department of Counseling and Human Services, I would like to thank all of you for your continued support of this innovative program.

Sincerely,

Kim Severn, MA, Co-Director and Instructor for UCCS



Department of Counseling
& Human Services

Campus Connections Staff & Mentors

Staff

Diane Stutey	Co-Director
Kim Severn	Instructor/Co-Director
Molly Cammell	Program Manager
Kodi Enkler	Social Justice Instructor
Dani Dickey	Graduate Assistant/Mentor Coach
Justin Mayes	Graduate Assistant/Mentor Coach
Britni Miller	Graduate Assistant/Mentor Coach
Luke Slayback	Graduate Assistant/Mentor Coach
Ian Hathaway	Counseling Intern
Michael Ferrer-Otero	Counseling Intern

Mentors

CJ Armitage
Emily Brockway
Kaitlin Brohman
Carson Burrage
Josiah Cole
Jaylihn Crawford
Emilie Hall
Abby Hart
Olivia Hernandez
Krystle Lane
Alyssa Langness
Moana Mapu
Jessica Nelson
Julia Ortiz
Sadie Porter
Anna-Leisha Radspinner
Kaitlin Skinner
Kaitlyn Smith
Sydney Stanfield
Shannon Tiffenbach
Michelle Weldon

Mentee Experience



Pseudonym: I Don't Know

Age: 12

If your friends were to ask you what Campus Connections is, what would you tell them? A really fun place- Cuz you get to do fun activities and there's really fun people like Anna.

What has been your favorite part of Campus Connections so far?

Definitely Anna. She's nice. And fun.

At your intake appointment you said that some of your goals were anger and time management, coping skills, and helping to build confidence? Do you think Campus Connections has helped you meet any of those goals?

Yeah. Because 8th period is always really hard. I have homework from every other class and then I get to 8th period and I forget about it. I always have time for homework here.

What else do you like about Campus Connections?

I like that I get to talk to other people.

If a friend asked you if they should do Campus Connections, what would you say to them? Yes, because it's a lot of fun. You get to play games with your friends and mentores

What is your favorite part about having a mentor?

She's really nice. And she's always herself. She told me "sorry if I'm not myself today,"

What's something interesting you've learned about your mentor?

She's bad at math.

Research Update



In spring of 2023 the Campus Connections research team explored the effects of mentoring on the enhancement of emotional intelligence (EI). The mentors completed training in emotional intelligence as well as a standardized assessment of emotional intelligence. This research helped provide greater understanding of the impact mentoring may have on individual's EI. Each mentor completed a pre and posttest measure via the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT). The instrument required participants to identify universal emotional expressions on example faces, identify emotional states associated with two or more emotions blended together, and predict how emotional states may progress over time.

The MSCEIT is an abilities-based assessment with significant validity and reliability for measuring the core elements associated with EI. The assessment looks at the four primary branches of emotional intelligence. According to a white paper from researchers John Mayer, Peter Salovey and David Caruso, EI consists of the following: 1. Perceiving Emotions- the ability to recognize how you and those around you are feeling. 2. Using Emotions- the ability to generate emotions, and to use emotions in cognitive tasks such as problem-solving and creativity. 3. Understanding Emotions- the ability to understand complex emotions and emotional "chains" and how emotions transition from one stage to another. 4. Managing Emotions- the ability to intelligently integrate emotions in yourself and others to devise effective strategies that help you achieve positive outcomes. The purpose of the study was to measure change in EI through intentional activities such as mentoring. Finally, the Campus Connections Research Team sought to set the conditions to allow the ability of EI to be strengthened and developed with effort, intention, and practice

Joseph Wehrman, PhD
Professor, Department of Counseling and Human Services

Mentor Recruitment!

We are always
looking for
excellent
mentors!



Becoming a Campus Connections Mentor is a great way to:

- Build your resume
- Get hands-on-experience
- Give back to the community
- Build leadership skills

SPECIAL INCENTIVE FOR FALL MENTORS!

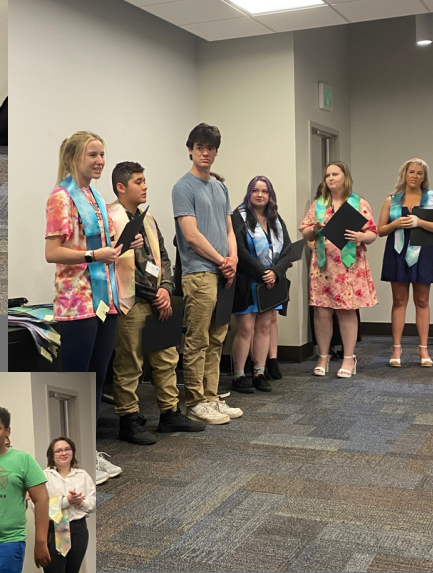
Fall mentors who complete their background check and registration requirements by June 1 will receive a \$50 Amazon gift card and free dinner on program nights!!!

CAMPUS CONNECTIONS

UCCS

University of Colorado
Colorado Springs

News & Events



A new tradition was introduced at Campus Connections this semester! We asked the mentees to tie-dye stoles for their mentors. The mentors were then presented with the stoles at Campus Connections Graduation so that they can wear them when they graduate from the University!

Tell Your Students about Campus Connections! The program runs in the Fall and the Spring. We are always looking for students to act as mentors to our youth participants! Applications at uccs.edu/campusconnections

Coming up:

Fall 2023 applications

We are still accepting applications for the Fall!

Contact Molly:
mcammell@uccs.edu

Do you have unwanted arts/crafts supplies?

Donate them to
Campus Connections!
@ Columbine3010

Support Campus Connections! Make a donation today!

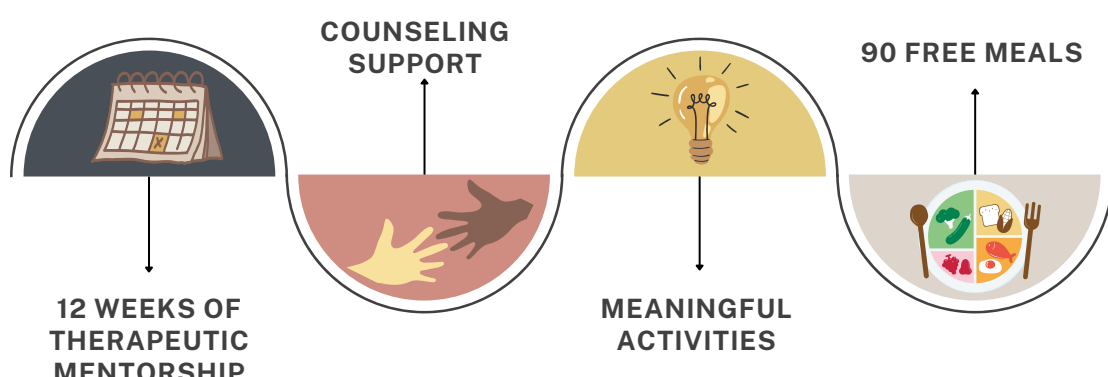
<https://giving.cu.edu/fund/campus-connections-gift-fund>

CAMPUS CONNECTIONS

UCCS University of Colorado
Colorado Springs

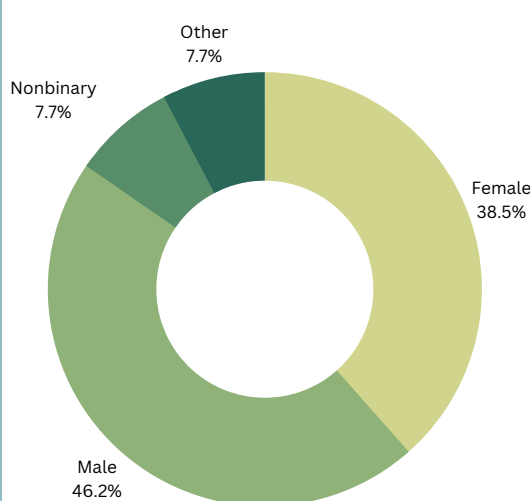
SPRING 2023 OUTCOMES

CAMPUS CONNECTIONS PROVIDES:

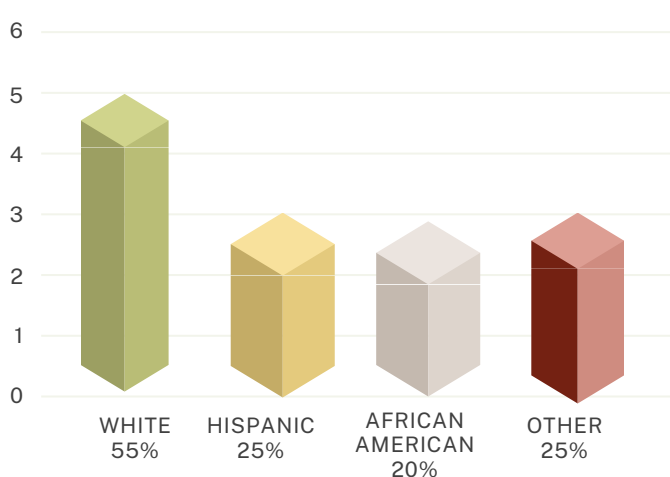


MENTEE INFO

Age Range: 11 - 13

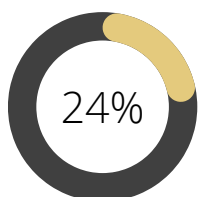


MENTEE DEMOGRAPHIC

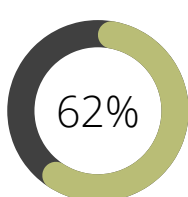


MENTOR DEMOGRAPHIC

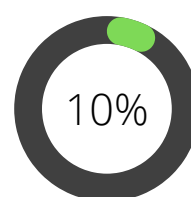
Hispanic/Latino



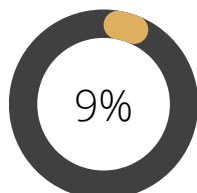
White



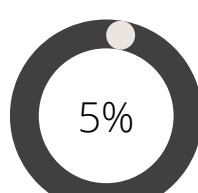
Black/African American



Native Hawaiian/
Pacific Islander



Other

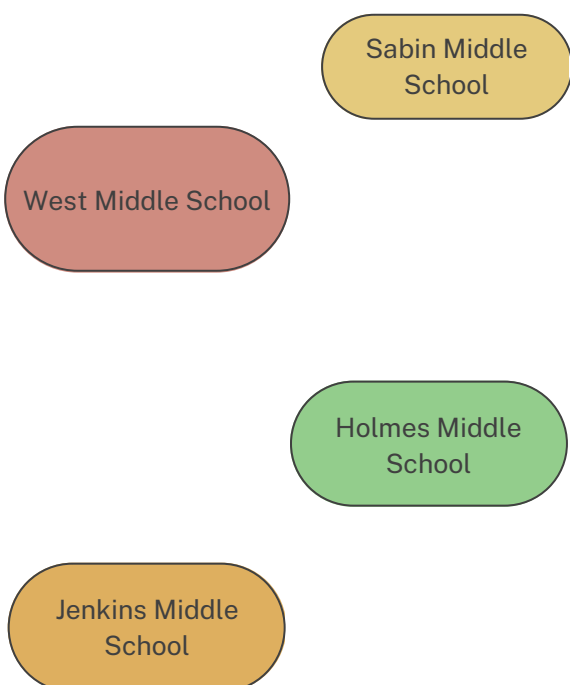


MENTOR INFO

Male - 4
Female - 16
Nonbinary - 1



PARTICIPATING MIDDLE SCHOOLS



Activities

Mentor Led
Social Justice
Digital Wellness

STUDENTS QUALIFIED FOR FREE/REDUCED LUNCH

