



COMMUNITY PARTNERS

THE UNIVERSITY OF UTAH

Participant Guidelines

Welcome! Whether you are a student or mentor/sponsor, we are eager to partner with you to make excellence in education real at the University of Utah. As we embark on this exciting journey together, we invite you to review the guidelines below to help ensure a positive experience for everyone.

Participants are asked to...

- Be conscientious of others' time.
- Meet during normal business hours in a public location whenever possible.
- Keep office doors open when meeting.
- Develop meaningful relationships, but be sensitive and honest about topics that cause discomfort.
- Maintain professional conduct during program participation including keeping relationships free of discrimination, harassment, romantic or sexual involvement.

If you become concerned or feel uncomfortable for any reason during your participation in the Community Partners program, please contact Dannielle Moriondo, Associate Director, at 801.581.3106 or Dannielle.Moriondo@utah.edu at any time.

Communication & Program Goals

1. What is your preferred method of contact? Select all that apply.

Email

In-person

Text

Phone call

Virtual

Other

2. Please specify these methods. For example, if you prefer email, write your email address.

3. Be specific, how frequently would you like to communicate? For example, I would prefer to communicate with you once a month for an hour via phone or twice a month via email.

4. Who will be responsible for reaching out each month?

5. What should I do if I do not hear from you in *(amount of time)*?

6. What do you hope to get out of the Community Partners program?

7. Are there any specific experiences you hope to have or would like to offer?

8. Are there any specific expectations for your matched mentor/student partner? For example, if sent an email, how quickly do you expect a response?

9. Students, what are your current post graduate goals?

10. Is there anything else you wish to share about your hopes and goals for this year?

Mentor Questions

Potential prompts for monthly discussions.

1. Why did you decide to be a mentor?
2. Who has mentored you? And what impact has that had on you?
3. What was the biggest lesson you learned during college?
4. What are some mistakes that you made during your college years and what did you learn from them?
5. How do you go about building/maintaining your network?
6. What is the most helpful piece of advice you've ever received?
7. If you were starting college all over again, what would you do differently and why?
8. What is your biggest fear? And how have you overcome it?
9. What are you most proud of?
10. If time and money did not matter, how would you spend your time and money?
11. What was your major in college? Does it relate to your current work? If so, how?
12. What professional experiences did you have that led you to your current position?
13. How did you figure out what you wanted to do with your life in terms of career?
14. What was a key lesson you learned early on as a young professional?
15. Are there certain things I should be doing now to prepare myself for the world of work?

Goals

Select all that apply, 3-5 recommended.

- | | |
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| <input type="checkbox"/> Networking | <input type="checkbox"/> Job Acquisition |
| <input type="checkbox"/> Life and Career Advice | <input type="checkbox"/> Grad School Prep |
| <input type="checkbox"/> Understand the industry | <input type="checkbox"/> Time Management |
| <input type="checkbox"/> Strengthen Resume | <input type="checkbox"/> Research Opportunities |
| <input type="checkbox"/> Interview Skills | <input type="checkbox"/> Build Relationship |
| <input type="checkbox"/> Research Opportunities | <input type="checkbox"/> Immersion in career field |
| <input type="checkbox"/> Elevator Pitches | <input type="checkbox"/> Lifestyle Tips |
| <input type="checkbox"/> Job Shadowing | <input type="checkbox"/> Academic Advice |
| <input type="checkbox"/> Attend a Meeting | <input type="checkbox"/> Additional Activities |
| <input type="checkbox"/> In-Person Meetups | <input type="checkbox"/> Goal Setting |
| <input type="checkbox"/> Internship Advice | <input type="checkbox"/> People Skills |
| <input type="checkbox"/> Internship Placement | <input type="checkbox"/> Professional Etiquette |
| <input type="checkbox"/> Career Exploration | <input type="checkbox"/> Application Processes |
| <input type="checkbox"/> Cover Letter | <input type="checkbox"/> Career path understanding |
| <input type="checkbox"/> Personal Statements | <input type="checkbox"/> Professional Branding |
| <input type="checkbox"/> Portfolio Review | <input type="checkbox"/> Attend a Conference |
| <input type="checkbox"/> Test Prep | <input type="checkbox"/> Strength/Weakness
Evaluation |

Additional Ideas

Month by Month Progression

Use discussed goals to map out the academic year.

September	
October	
November	
December	
January	
February	
March	
April	
May	

STUDENT MENTAL HEALTH RESOURCES



Counseling and Mindfulness

University Counseling Center | 801-581-6826 | SSB, Room 426 | counselingcenter.utah.edu

The Center offers individual, group and couples counseling, as well as crisis appointments and low cost psychiatric medication management. These services help students resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives.

Women's Resource Center | 801-581-8030 | Union, 411 | womenscenter.utah.edu

The WRC provides individual counseling, support groups, and training programs to connect students with shared experiences. The WRC specializes in psychology of women and gender, and work within a feminist multicultural framework.

Mindfulness Center | 801-581-6826 | SSB, Room 344 | mindfulnesscenter.utah.edu

The Center offers a range of self-guided meditations, self-help resources, and various workshops. Students can find resources to assist in moments of stress, anxiety, and chaos.

Online Mental Health Platforms 24/7 access:

- **You@Utah | you.utah.edu** - You@Utah connects students with research based content to support their emotional growth and resilience.
- **Nod App | Available for free download in any app store**
The app offers student resources to reduce loneliness on campus by building social connections through ideas, reflections, and testimonials.



Crisis Response

University Counseling Center | 801-581-6826 - Crisis response between 8am-6pm Monday-Thursday, and 8am-5pm on Friday

Huntsman Mental Health Institute Crisis Line | 801-581-3000

The HMHI Crisis Line offers crisis response 24/7, including: crisis support over the phone, a mobile outreach option that will respond to persons in their home, and the Receiving Center where individuals from Salt Lake County can access a safe and supportive environment.

Housing and Residential Education Mental Health First Responders | 385-321-5356 | mh1.utah.edu

The MH1 provides after-hours crisis response and community support for students living in Housing and Residential Education.

Safe UT App | healthcare.utah.edu/hmhi/safe-ut/

The free App and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program.



Trainings

Mental Health First Aid Training | wellness@sa.utah.edu | 801-581-7776 | studentaffairs.utah.edu/mental-health-first-aid.php

For faculty, staff and students to learn how to help those who may need additional support and assistance until professional help can be found. Visit our website to learn more.

Mental Wellness Training | wellness@sa.utah.edu | 801-581-7776 | wellness.utah.edu/workshops-training

The Center for Student Wellness offers a variety of trainings to departments and groups, such as "supporting students in distress." They also offer classroom presentations to support faculty.



Additional Student Affairs Resources

Student Affairs offers a variety of programs that support student well-being and success. Visit our website here: studentaffairs.utah.edu.

Student Health Center | 801-581-6431 | studenthealth.utah.edu

Full service primary health care for students and their dependents including prevention, well care and immunizations at low cost. Prescription assistance available to those who qualify. Learn more about student health insurance on their website.

Center for Disability and Access | 801-581-5020 | disability.utah.edu

CDA provides reasonable accommodations to students whose condition significantly impacts major life activities including their ability to function in the academic setting.

Center for Student Wellness | 801-581-7776 | wellness.utah.edu

Offers workshops, training, HIV/STI testing and opportunities for student involvement.

Financial Wellness Center | 801-585-7379 | financialwellness.utah.edu

The Center provides students with financial counseling service and the tools to succeed with their financial journey.

Veteran Support Center | 801-587-7722 | veterancenter.utah.edu

The VSC is a space dedicated to veterans who are seeking to find services, support, advocacy, and camaraderie. The VSC offers various resources that can best assist veterans by helping build their support system.



Additional Support

Victim Survivor Advocacy | advocate@sa.utah.edu | 801-581-7776 | wellness.utah.edu/victim-survivor-advocacy

Victim-Survivor Advocates provide free, confidential and trauma-informed support services to students, faculty, and staff, who have experienced interpersonal violence (i.e. domestic and dating violence). They will assist in navigating resources, processes, and/or services.

Office of the Dean of Students | deanofstudents@utah.edu | 801-581-7066 | deanofstudents.utah.edu

The Office is dedicated to being a resource to students through support, advocacy, involvement, and accountability. One of the core goals is to connect students to support systems that will assist in their academic journey.

