

MENTORSHIP AT Catholic University

INTERNATIONAL BUDDY PROGRAM

International Student and Scholar Services (ISSS) hosts the International Buddy Program which pairs incoming international students with a current Catholic U student, their buddy. The buddy assists with a variety of tasks, including finding classroom locations, learning to ride the metro, and spends time making them comfortable in their new surroundings. Contact CUA-ISSS@cua.edu for more information.

TAKE FLIGHT

The Take Flight program, supports the transition of first generation students to life at Catholic University, capitalizing on the gifts and talents they possess. During the First Year Program, incoming first generation students are paired with a peer mentor, who guides them through their transition to college and shares their insights and wisdom for assimilating to the Catholic U community. They are also able to participate in a series of community building activities and socials throughout the academic year. Following their freshman year and through their senior year, the Take Flight program offers continued support and mentorship to first generation students. This is done through skill building sessions and community building activities, as well as giving students the opportunity to become a peer mentor to the next group of incoming students. For more information on this program, please contact CulturalEngagement@cua.edu.

PATHWAYS TO COLLEGE

Pathways to College is a mentorship program that calls on university students to rise up to the challenge and help create pathways for students of color (primarily Black and Hispanic) to reach their post-secondary academic and career goals. This program pairs Catholic U students to middle school students to provide them with exposure to college and career opportunities. Students participate in meetings at Catholic U, when possible, giving them a chance to see themselves physically on a college campus, thus demystifying the college access experience. Contact CulturalEngagement@cua.edu for more information.

PROFESSIONAL DEVELOPMENT

The Center for Cultural Engagement facilitates monthly breakfasts featuring local professionals who share about their career journeys, overcoming obstacles, and opportunities they encountered along the way. Students are encouraged to engage with guests after the events, creating an organic mentoring experience. Contact CulturalEngagement@cua.edu for more information.

HANDSHAKE, CARDINAL CONNECT, AND CAREER SPRING

Handshake, Cardinal Connect and Career Spring are three online platforms that work to create connections between students, alums and employers. Handshake focusing on the job and internship search process and is made up of not only Catholic students and alum, but students and alum from over 1000 schools across the country. Cardinal Connect allows students, faculty, staff, and alumni, to build and foster networking and mentoring relationships that are meaningful and specific to their unique interests and professional goals. And, Career Spring, connects first-generation college students with professionals interested in supporting their career development around the country. Once a student creates a profile they then have access to hundreds of professionals in various sectors, having the ability to schedule one-on-one meetings and accessing an array of career advice resources. For more information on Career Spring contact CulturalEngagement@cua.edu and for more information on Handshake or Cardinal Connect contact Success@cua.edu.

For more information on these programs, please reach out to the individual offices listed above.

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PEERS

PEERS is Catholic University's only peer education group that educates students on alcohol and other drug use and abuse, mental health awareness, sexual assault and violence education, healthy relationships, and bystander intervention. PEERS is composed of undergraduate students who educate and mentor students through various situations and coordinate a variety of events and educational programming for the Catholic University community. PEERS goal is to create a safe and open dialogue about how they can raise awareness for the above issues and shift the culture on our campus.

MAJOR MENTORS

The major mentor program helps first-year business students feel engaged, supported, and welcomed. Small groups of incoming students are paired with a upperclassmen mentors based on their major or interests and have the opportunity to learn from a role model, resource, and friend as they navigate their first year at Catholic University. The Major Mentor Program creates a welcoming and engaging experience for first year students through weekly meetings and monthly activities and events, which promote community development and networking. Within the Mentor Program, there are also Team Leaders who help prepare other Mentors for their leadership role. For more information on this program, contact buschexperience@cua.edu.

PSYCHOLOGY PEER MENTORS

The Psychology Department offers a special peer mentoring program for first year Psychology majors. Psych Peer Mentors are more advanced Psychology majors who have volunteered to be a source of information, advice, and support for new students at the beginning of their education in the field. The Peer Mentors contact incoming freshmen over the summer and continue to stay in touch over the course of the first year to help them become more comfortable in the Catholic U community and expose them to opportunities within the Psychology Department and beyond. For more information, contact goekemorey@cua.edu.

ORIENTATION ADVISORS

Every June, each new student at Catholic is matched with an Orientation Advisor who help new students gain knowledge of campus and community resources and develop an understanding of and appreciation for the opportunities available at Catholic U. During the Orientation program, Orientation Advisors lead a variety of activities and meet with their small group of incoming students creating relationships that often last through graduation. In addition a select group of Orientation Team Captains help mentor and guide Orientation Advisors through their training and prepare them to become a mentor to students. For more information, contact cua-orientation@cua.edu.

RESIDENT ASSISTANTS

Residence Life works to assist students in building connections to the larger university community in hopes that they will become an active participant in University life and gain a greater appreciation for community values and service. To help achieve this, they have a team of Resident Assistants who foster a sense of community among their residents and promote a balanced, responsible, and respectable atmosphere that is safe, friendly, and supportive. Through their role, Resident Assistants mentor and lead students through the ups and downs of their lives and connect students with different resources throughout campus. For more information, contact CUA-residencelife@cua.edu.

STUDENT MINISTRY

Student Ministers cultivate a culture of faith within the residence halls and off-campus university housing and carry out a ministry of presence as they build relationships with their peers. Student Ministers spend time in their residence hall every week, praying with students and offering support and encouragement throughout their faith journey. In addition to providing opportunities for spiritual growth in each residence hall, Student Ministers are responsible for planning and facilitating weekly campus-wide activities and programs for students. For more information, contact cua-campus-ministry@cua.edu.

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