

EARN: Economics Alumni Relationship Network Mentor Guide

Thank you for agreeing to be part of EARN! We are excited about the opportunity for you to connect with Economics Students. In order to ensure a mutually beneficial process and relationship between you and your student, please review the following guidelines:

It is the mentee's responsibility to initiate the first step by contacting you through Xinspire, mentees are aware of this expectation.

Contact should be maintained through the Xinspire platform in an effort to protect student and alumni privacy and security and to continually improve the functionality of both the electronic platform and EARN Program.

The mentor is not responsible to pay for mentee meals, travel, gifts, etc. Mentees are aware of this expectation.

Respond to mentee communications in a timely manner as determined during the first mentor-mentee meeting.

Schedule a minimum of two conversations per semester (in person, on the phone, or on a video-conference).

Maintain a mentoring relationship that is supportive, encouraging, open, and generous.

Share knowledge, experiences, and resources with mentees.

Encourage critical thinking of the mentee through open-ended questions and active listening.

Attend EARN Banquet if available to do so. The date will be determined soon!

Abide by this Mentor Guide.

Career Development

Many conversations Mentors have with their Mentees involve career development topics such as internship/job search, interview skills, networking, etc.

Economics students have access to the [Career Center](#) which offers professional development workshops, online resources and more. Students can also find many internship resources on [LSA's internship page](#) which will compliment any area of study in economics. Economics has a strong advisor pool and they can also help students in academic planning. Students are able to sign up for an advising appointment on <http://lsa.umich.edu/econ/undergraduates/departamental-advising.html> .

Mentors that have questions about this program, or career development can call Lauren Pulay at (734) 615-8372 or email at lpulay@umich.edu.

Helpful University Resources

Over the course of your interactions with your mentee, you may discover that your mentee needs more support than you can or should provide. These are a selection of the many resources available on campus for students. Should you have concerns about a student, please feel free to refer them to one of these resources or let Lauren Pulay (734-615-8372 or lpulay@umich.edu) so that she can reach out to the student directly.

Counseling and Psychological Services (CAPS)

Mental health, counseling, referral, concern for others; FREE for all enrolled students

530 State Street, Room 3100 (in the Student Union)

Ann Arbor, MI 48109

Phone: 734-764-8312

<http://www.umich.edu/~caps>

Depression Center/Department of Psychiatry

Counseling, treatment through UMHS Department of Psychiatry, free support groups and workshops; some insurance accepted

Rachel Upjohn Building

4250 Plymouth Road, SPC 5763

Ann Arbor, MI 48109-2700

Phone: 734-936-4400

<http://www.depressioncenter.org>

University Health Service (UHS)

Medication management for common mental health concerns

University Health Service

207 Fletcher Street

Ann Arbor, MI 48109-1050

Phone: 734-764-8320

<http://www.uhs.umich.edu>

University of Michigan Addiction Treatment Services (UMATS)

Assessment, treatment for individuals with alcohol and other drug concerns; some insurance accepted

Rachel Upjohn Building

4250 Plymouth Road, SPC 5763

Ann Arbor, MI 48109-2700

Phone: 734-764-0231

<http://www.psych.med.umich.edu/UMATS/>

University of Michigan Comprehensive Eating Disorders Program

Individualized, evidence-based care for patients age 8-24 with eating disorders; partial hospitalization and intensive outpatient programs available; some insurance accepted

1540 East Hospital Drive Level 5, Reception B

Ann Arbor, MI 48109

Phone: 734-232-7531

<http://www.psych.med.umich.edu/patient-care/eating-disorders-program/>

Sexual Assault Prevention and Awareness Center (SAPAC)

Help with Sexual Assault, Intimate Partner Violence, Stalking and Military Sexual Trauma

Michigan Union

530 S State Street Room 1551

Ann Arbor, MI 48109

Phone: 734-764-7771 or 24 hour crisis line 734-936-3333

<https://sapac.umich.edu/>

Web Resources

Campus Mind Works

The Campus Mind Works website was created to support the mental health of University of Michigan students. This site provides quick access to support services on campus through a searchable database, and includes information to help students manage their mental health while in college.

<http://www.campusmindworks.org/>

MiTALK

MiTALK is a website created for all students at the University of Michigan. This site includes online screenings for depression and anxiety, skill-building tools for stress management and academic skills, as well as digitally recorded lectures, events, workshops and downloadable videos.

<http://mitalk.umich.edu/>

Academic Skills

The University of Michigan offers a variety of academic support services to help you succeed academically. This website is designed to help you learn about the wide range of services on campus.

<http://academicsupport.umich.edu/>