

[View this email in your browser](#)



## Happy Monday!

We hope you all had a wonderful Thanksgiving holiday with friends and family.

Our mentee cohort will be entering into their final exam week in the upcoming days - please make sure to check in with your mentee/mentorship group. Feel free to offer words of support, guidance on managing stress, or a fun anecdote from your life to get their mind of academics for a few moments.

QuiAnne' Holmes from DuWell (who hosted a workshop for the cohort on self-advocacy and wellness) noticed that our cohort could use support in 1) *finding ways to build a community or strengthen existing communities* as well as 2) *finding intellectual stimulus outside of academics*. Feel free to weave in these areas into how you support your mentee during this stressful academic time.

Below are a few articles focused on supporting your mentee through a stressful period - we listed a few of the main points, but feel free to peruse the full article for more details

- [Fact Sheet on Helping Mentee Manage Stress](#)
  - Have a conversation with mentee on the impact of stress on their mind and body
  - Help develop ideas and strategies for coping with stress, provide an outside perspective on the stressful situation
- [Helping Mentee Find Bigger Perspective](#)
  - Provide a space for mentee to share what they are feeling
  - Have them talk through their overall goals and current areas of struggle that are contributing to their stress

- [Mentoring Someone with Imposter Syndrome](#) (a common root of stress/anxiety in academic settings)
  - Normalizing imposter syndrome - speaking of your own experience (if any)
  - Encourage movement away from negative self-talk or self-deprecating statements
  - Affirm your mentee's accomplishments over and over again

How have things been going with your mentee(s)? Feel free to leave [anonymous feedback here!](#)



The Nicholas Institute has a [calendar full of events](#) for the upcoming semester! Check out these happening this week:

**Sustainable Infrastructure: Equity, Inclusiveness, and Empowerment** - Wednesday, Dec. 8 @1pm

In the technical presentation, Motoko Aizawa (Observatory for Sustainable Infrastructure) will be speaking on “**Inclusiveness: A Pathway to Sustainable Infrastructure.**” Paramita Datta Dey (National Institute of Urban Affairs, India) will then deliver a case presentation on “**Affordable and sustainable water, sanitation, and hygiene (WASH) solutions in India.**” As always, the session will include interactive activities such as polling, breakout sessions, and Q&As to allow an exchange with the presenters and colleagues.

[Register Here](#)

Opportunity to share with your circles: [AGI Scholarship for Advancing Diversity in the Geoscience Profession \(americangeosciences.org\)](#)

The scholarship this year is a one-time award of \$5000. The scholarship is available for geoscience students entering a geoscience graduate program for the first time and identifies as a member of an underrepresented community (Black, Indigenous, Person of Color) and either a U.S. Citizen or permanent resident. The scholarship is payable once the student is matriculated into a geoscience graduate programs. Applicants can be no

The application deadline for the 2022-2023 academic year is February 13th, 2022. Interested candidates can also contact Christopher Keane, the scholarship coordinator, at [keane@americangeosciences.org](mailto:keane@americangeosciences.org).

**Thank you all for supporting the CAIRNS program, and celebrating your mentees!**

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

NSOE CAIRNS · 450 Research Drive · Durham, NC 27708-0001 · USA

Grow your business with  mailchimp