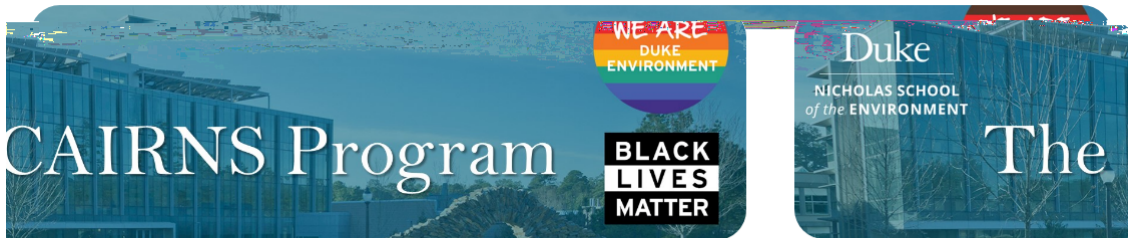


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Newsletter

CAIRNS Mentee Newsletter


October 2022

Happy Thursday, 2022 Cohort!

Welcome to our first newsletter of the school year! This newsletter will keep you updated with the ongoings of the CAIRNS program and will offer you engaging information about different topics in the sustainability field.

Some exciting news - we have selected your mentors! We had an amazing applicant pool of eager NSOE graduate students and alumni who are excited to meet you and support you in your personal and professional academic journey at Duke and beyond. You will receive an email from Meilin in the coming days with your mentor-mentee match.

Please continue reading for important updates and action items.



*A mentor is someone who
allows you to see the hope
inside yourself.*

- Oprah Winfrey

”

Recap of September Cohort Meeting

In our September Cohort Meeting, we discussed the program overview and mentee expectations. We started building community through our ["Who's Who?"](#) activity and through the creation of our [CAIRNS Community Contract](#). We also had a great conversation about the definition of mentorship and we came up with a [brain map](#) that represented what we want to be true in our mentorship experiences.

Mentee Expectations

We want you to make the most of this mentorship experience and as your program facilitators, we will do our best to tailor the programming to fit your needs and expectations. Here are the Mentee expectations we discussed in our first session:

Meeting Attendance

- Attend monthly meetings
- RSVP on the calendar invite
- Come prepared, complete pre-work

Communication

- Read newsletters and emails in their entirety
- Share schedule conflicts with us (Ale & Meilin) in advance (2 days at least) via email or text.
- Reply within 24 hours to emails and messages

Click [here](#) to review the presentation from our September session to recap main points and especially if you weren't able to attend the session. Nicki Cagle, CAIRNS Program Director,

Learning Tools from September Session

- Brain maps are a great tool to think creatively and make connections between ideas. You can do brain maps on paper or digitally. We used an app called "[MindNote](#)" in our session to create our Mentorship Brainmap so feel free to check it and use it if it's helpful. Click [here](#) for other digital brain mapping resources for those interested.



Key Reminders:

1. ****Drum Roll**** You have been matched with a mentor! In the next few days you will receive your CAIRNS Mentor-Mentee match! Please reach out to your mentor within a week (by October 14th latest) and schedule a time to connect. Here are some questions to help you guide the conversation:

Questions to Ask Your Mentor – Getting to Know Each Other

1. Where are you from originally?
2. What made you want to be a sustainability professional?
3. What do you do for fun?
4. What are some of the things you value?

and the environment?

Check out [160 Get to Know Me Questions](#) if you want more questions to establish trust and connection.

2. Notify us if you aren't able to join a cohort session as soon as possible. At least 24 hours in advance, but ideally you will notify us a week in advance.
3. RSVP to the calendar invite we send to your Duke outlook email.
4. Join the GroupMe if you haven't already done so. Click [here](#) to access link.



Pre-Work for October Cohort Session

October Cohort Session Topic: Networking

Pre-Work:

1. Find 3 alumni from the [Duke Alumni Directory](#) that you would be interested in speaking with. Once you find the 3 alumni you want to connect with, go to the [CAIRNS Mentee Google Drive](#) and click on Mentee Folders. Select the folder with your name and open up the Networking Tracking Tool document inside your folder. Write the 3 alumni names **AND** contact information (email or phone) in the Networking Tracking Tool document by **only** filling out **columns A, B, and G**. We will show you how to use the rest of this document in our October cohort session. (15-20 mins)
2. Watch ["The Power of Networking" TED Talk from Morgan Waller](#) (5-6 mins)

Deadline: October 19, 2022, 7:00 p.m.

Resources to Use: CAIRNS Mentee Google Drive & Networking Tracking Tool Document. (Feel free to reach out if you have questions about the pre-work)

Ale Jaramillo (ale.jaramillo@duke.edu) or Meilin Chan (meilin.chan@duke.edu)

This email was sent to ale.jaramillo@duke.edu

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