



DIMENSIONS MENTORING PROGRAM?

Dimensions is a peer-to-peer mentoring program for self-identified women of color. The program specifically designed to provide mentoring to first-year/transfer women of color by pairing up with an upperclass woman who shares similar interests, and assist them in adapting to college life. This program endeavors to create a sisterhood for its members through intentional dialogue and activities that support self-confidence, academic success, and cross-cultural engagement. Dimensions women strengthen leadership skills and their critical thinking to help support the communities they are a part of.

DIME SERIES

The first few weeks on a college campus can be challenging for a first year/transfer student. This is typically the time where home sickness, cultural shock and the need to create social networks is most imperative. Due to this time of adaptation, a 7-week workshop has been specifically designed for students to assist them in their acclimation to college life.

SISTAH CIRCLES

Following the Dimes Series begins the Sistah Circles that the mentors facilitate, plan and execute a dialogue session every week. The Sistah Circles are for women to engage in a discussion about issues that directly affect their communities. Our mentors choose topics based upon their one-on-ones with the mentees and facilitate a discussion surrounding that topic. This is an opportunity for students to truly engage with one another on things they may be facing, whether academically, socially, professionally and on or off campus.

OTHER ACTIVITIES

Throughout the academic year several activities will be offered with themes in mind of community service and keeping a sisterhood. The program will provide members with cultural enrichment activities to be a part of outside the "norm" of meeting in a room. All members should be civically engaged in helping the larger Syracuse community and seek educational opportunities.

BENEFITS

- DEVELOP A ONE-TO-ONE MENTORING EXPERIENCE!**
- GAIN LEADERSHIP, TIME MANAGEMENT AND COMMUNICATION SKILLS!**
- DEVELOP LIFE-LONG RELATIONSHIPS WITH PEERS!**
- CREATE SUSTAINING AND HELPFUL RELATIONSHIPS!**
- BECOME A PART OF A SISTERHOOD!**



2016-17 Members of Dimensions Mentoring Program