

Mentorship Resources

Name	On/Off Campus?	Description	Link
Autism Support Groups	Off Campus	Organized meetup groups of adults on the spectrum, diagnosed or self-diagnosed. Examples: Square Pegs (largest Seattle-based group), Somewhere on the Spectrum: A Support Group for Women, and Seattle Integrative Autism/Anxiety/ADHD/Depression Meetup.	https://www.meetup.com/topics/autism-support-group/us/wa/seattle/
Diversity Mentorship	On Campus	The Mentor Power for Success Program is a dynamic autumn quarter partnership between first-year Office of Minority Affairs and Diversity (OMAD) students (protégés) and continuing UW students (mentors), to help protégés make a successful transition to university life. Mentor students use their knowledge of UW resources and services to guide protégés as they navigate the breadth of what the university has to offer.	http://depts.washington.edu/mentor/
Foster School of Business	On Campus	The mission of the Foster School of Business Undergraduate Mentoring Program is to enrich and support the professional, academic and personal experiences of students by intentionally pairing them with Foster alumni. These mentoring relationships assist students in the transition from academic to professional life and support individual success at Foster and beyond.	https://mentoring.washington.edu/programs/foster
Student Success Coaching	On Campus	The ASP Success Coach meets with students one-on-one to help them develop skills in effective study strategies, time management skills, setting and working toward goals, finding campus resources, and motivation.	https://webster.uaa.washington.edu/asp/website/get-help/academic-success-coach/

Unite UW	On Campus	The program matches an international or exchange student with a domestic student and provides opportunities for them to participate in various activities together on the UW campus and around Seattle, to foster meaningful relationships, create cultural exchanges and promote greater integration and individual understanding.	https://www.washington.edu/studentlife/uniteuw/
Q Center	On Campus	The Q Center connects UW students (mentees) who are exploring their sexual orientation, gender identity, and gender expression with queer UW students, staff, faculty, and alumni (mentors) who have been there, can relate to, and have tips for living a happy and fulfilling life.	http://depts.washington.edu/qcenter/wordpress/about/queer-mentoring-program/
UW Transfer Mentorship	On Campus	UW Transfer Mentorship provides an opportunity to connect incoming transfer students with current UW students to help them in their transition to the UW campus.	http://fyp.washington.edu/become-a-student-leader/uw-transfer-peer-mentoring-program/
UW Counseling Center	On Campus	The Counseling Center offers multiple options for students seeking help coping with stress and mental health concerns. All UW Seattle students who are in degree-seeking programs are eligible for our counseling services. These include mental health resources, skills-based workshops, individual counseling, group counseling, referrals, and crisis services.	http://www.washington.edu/counseling/