As a young adult, the need for mentors is of great importance. Mentors can be valuable in different ways and for different purposes. They may be an asset to your professional development, a guide for your academic work, or simply a great resource for life in general. Regardless of their purpose, mentors share the common role of being a trusted counselor, guide, or a coach for the mentee.

Often, the mentor can provide great knowledge and perspective about what the mentee is presently going through. In this way, the mentor acts as a guide to help direct the mentee towards success. During the course of a young adult’s life, he or she will make some important fundamental decisions that provide a sense of direction for his or her life. A mentor can be influential in helping a young adult navigate these essential life changing decisions, especially if the mentor faced similar decisions during his or her young adult years. Mentors help young adults with decisions about their education, career, social life, or life in general.

The American jurist Oliver Wendell Holmes once said, “One’s mind, once stretched by a new idea, never regains its original dimensions.” A mentor can play a significant role in helping a young adult stretch his or her mind. In doing so, the mentor helps the young adult grow by challenging the mentee to let go of some of his or her ignorance and naivete. Once this happens, the mentee is never the same; the mentee has grown and changed, and hopefully for the better.

This quote makes me remember the innocent days of my junior high experience in Ghana, when I had little belief in myself to become successful in life. I vividly recall the conversation I had with my uncle, who was then the executive director at his work place. “Kofi,” he called, “you can make it,” as he spoke with strong conviction in his voice and looked straight into my eyes. These were the words of encouragement that my uncle, the first of many mentors in my life, spoke to me. These simple words from a perfect man for whom I have a great deal of respect caused a turning point in my thought process and my overall outlook on life. From that day forth, I gained a strong belief in my ability as an individual to succeed at whatever I set out to accomplish. My uncle encouraged me to study hard and make the best of my opportunities. He was a living testament of his advice and his encouraging words allowed me to believe I can be a success if I work hard.

As evident in my story and the stories of many others, mentors often have the ability to see the untapped potential of their mentees. They see our raw talent and can help us recognize and utilize our gifts. Hence, for young adults, including myself, the concept of mentorship as providing coaching advice is one of great influence in our lives. With the help of mentors, we are better advised about the various choices presented to us in our decision making processes. Therefore, to the mentors of the world, we salute you for the immeasurable influence you have on each of us. To the young adults longing for direction and guidance, I encourage you to seek a mentor. Indeed, life is much more enjoyable and navigable with a mentor by your side.
Mentor vs. Role Model

By: Monica Miller

Many people use the words “role model” and “mentor” interchangeably. While both have positive connotations, they are not the same thing. Role models are everywhere, but mentors can be hard to find.

A role model is defined as a person whose behavior, example, or success is or can be emulated by others. Role models can be seen in all aspects of society. Today, athletes, actors, singers, and many other entertainers are viewed as role models by people young and old alike. How many times has a child said, “I want to be like Mike,” in regard to the great basketball player Michael Jordan? And how many girls wish they could belt out a high note like Mariah Carey?

However, people who are role models do not, at times, fully understand the responsibility that falls upon them. All too often, we watch as our celebrity role models fail to make good decisions or live up to the positive attributes we assign to them. Are these the types of actions we hope to emulate? For example, when Lindsay Lohan parties and drinks so much that she needs to be admitted to the hospital for “exhaustion,” she sends a message to the little girls who look up to her that this is acceptable behavior. Or what about Keith Urban’s cocaine habit? Or Chris Henry’s legal troubles? Do these role models care about how their behaviors influence others who look up to them?

Conversely, a mentor is defined as a wise and trusted counselor. Generally, a mentor provides support and encouragement to a person to whom they have agreed to mentor. Mentors know and have made a conscious decision to serve in this capacity for others. This does not mean that a mentor is perfect or never makes mistakes. Rather, it means that a mentor understands the responsibility of serving as a guide for another person. Usually, teachers, ministers, and counselors serve as mentors. The role of the mentor is to ensure that those to whom they give advice make the best decisions possible in difficult situations. Their job is not to give the correct answer, but to help the mentee discover the path which leads to the answer.

The main difference between a mentor and a role model is that mentors make a choice to become a mentor while role models are thrust into their positions. Everyone from award winning celebrities to high school students can be viewed as role models to some degree. However, mentors are asked to be mentors. They choose to accept the responsibility to provide guidance and support for those who ask. Role models are leaders by station, while mentors are leaders by choice.

Tips For Finding a Mentor

By: Ann Dalton

Are you in the market for a mentor? Here are some tips to help you on your way.

1. **Be Self-Aware**

   Truly knowing yourself is necessary before anyone can help you to achieve your goals. Be aware of your personality, your goals, your strengths, and your weaknesses. Then, choose a mentor who complements these traits and can support you in achieving your goals.

2. **Proactivity is Key**

   Mentoring relationships may not just fall into your lap. You may have to do some work to find and establish a meaningful relationship with your mentor. Take active steps to build relationships with trusted advisors.

3. **Ask for Referrals**

   Ask friends, peers, professors, co-workers, or your advisor for help to find a mentor. Be sure to be specific and clear about what type of person you are looking for when asking for referrals.

4. **Have Firmly Established Goals**

   Keep in mind your purpose and the results that you desire to achieve through finding a mentor. If you and your mentor are constantly aware of these goals, you can work together to achieve them and can add value to your relationship.

5. **Be Open-Minded**

   Remember that a mentor is someone who will help foster your growth; they may not be a person who holds a high position in a job or makes millions a year. They may not even have a career in a field that interests you. It is most important that you seek out someone who possesses the skills, values, and traits that you want to have.

“Role models are leaders by station, while mentors are leaders by choice.”
Many of us have someone we look up to for advice, comfort, and support. We may call that person a friend, teacher, or parent and may consider him or her a role model in our life. This person may be a role model during trying times when they offer a shoulder to cry on. They too may be our biggest supporter who shares and congratulates us in our triumphs. Sometimes our role model is a person with whom we do not interact on a daily basis, but rather someone who exemplifies a trait we admire and want to exhibit our self. What are the traits that make us admire this person? What are the traits that we share in common with our role models? Did you ever think that you are also a special friend or a role model to someone? When was the last time you examined your special traits? What is it that you want to radiate to those you meet?

I recently took a poll of seventy Xavier students and asked them what trait they most admire in their role model. The highest ranked quality is **compassion**. Twenty-two students said that they admire someone who demonstrates compassion by showing respect to others. This person must exhibit care, love, generosity, thoughtfulness, and openness with those they come in contact.

The second quality people look for in their role models is **dedication**. Nineteen people said they admire someone who shows strength to pursue their goals and fulfill their responsibilities. These dedicated people have courage to persevere through the challenges they encounter and confidence that they can get the job done or do the right thing.

The next most admirable characteristics of role models are **intelligence** and **knowledge**. People with these qualities are wise and have perspective. Role models with these qualities provide insight on how to live an admirable life.

Xavier students also look for role models with **good listening skills**. These people make a concerted effort to relate to those they encounter. They take time to connect with others, even if they might be different from them. Students also admire those who are **honest**. They look for a role model who will be truthful with them when they doubt themselves. These role models are also honest about the mistakes they have made or the responsibilities they have struggled to fulfill.

**Integrity** and **loyalty** round out the most admirable traits of Xavier student role models. Role models who show integrity are sound in their decisions and able to stand up for their beliefs. Role models who demonstrate loyalty have your back even when times are hard. These people show that they stand by those who need them, even if they have a lot on their plates!

It is important for us to remember that each day we are given the opportunity to touch others with our spirit and unique characteristics. The results of this survey challenge me to reexamine the traits that I portray on a daily basis. Could I show more concern for others, even if it takes a little extra effort? When looking at my goals in life, could I push my self a little more? How knowledgeable am I about what I stand for? Could I make more time to really hear what others have to say? Do I need to be more honest with myself and confront others more often? How often do I show strength to stand up for my beliefs? Am I loyal to those I love all the time, or only when it is good for me?

Take a moment to examine what qualities you want others to see in you. Do you live these qualities in the classroom, with your friends and family, in your organizations, or even on Facebook? Remember everyone has the potential to be a role model.
It may just be the domestic engineer in me, but I would be surprised if someone could honestly tell me that he or she can walk past the Sur La Table in Norwood’s Rookwood Commons and not spend at least one hot second in awe of the gadgets and gizmos this culinary cavern holds. It’s hard not to notice the glimmering rows of copper, stainless steel, and enameled cast iron.

For those of you who don’t know, Sur La Table is a kitchen store that sells all kinds of odds and ends for cooking and entertaining. It’s also the place where I earn my bread and butter week in and week out. You name it, my store is bound to have it, and my team of sales associates could tell you everything about anything in the store: the epistemology of the item’s name, the history of how it came to use, where you can find it in our store, how much costs, what company makes the best version of it, and if it is on sale. I could go on and on about how Sur La Table crystallizes the width and breadth of optimal customer service as well as international capitalistic merchandising, but the real jewel amidst the gold and the glitter is the person who made that store a home for me, and made a family out of a team of employees.

Michael Brodbeck was a manager on the sales floor, but a mentor in every other respect. Numbering among his managerial excellences was his ability to optimize the aptitudes and strengths of his employees while at the same time encouraging them to grow and diversify the scope of their skills. When I began my career at the Surly (as we affectionately call it), Michael quickly identified my visual talents as an art major and gave me opportunities to work with clients to coordinate colorful place settings for their tables and design beautiful store displays. I immediately found great success and discovered my own little niche in the workplace, which helped me become more confident in my capacity as a sales associate. Michael, however, was careful to not let me become complacent as far as napkins and chargers were concerned. He pushed me to explore areas of our merchandise that were unfamiliar and intimidating for me, such as knives and the $3000 espresso machines. To say the least, I was very unsure of myself in trying to sell such items, but Michael stood by me and supported me in my sales technique.

His talents as a manager mirrored his gifts as a genuine person. During the odd occasion that there were no customers in the store and stock for the day was done and neatly put away, I was privileged to have meaningful dialogue with him about various elements of life and the insights we each derived from our experiences. Though he was older and had more years of experience than me in the realm of wisdom, Michael made me aware that I was particularly enlightened with regards to suffering and loss and often took heed of the insights I had to share. In keeping with his own excellence, he often challenged me to broaden my reflections on life to include more than just that aspect of spiritual life. In this way, he encouraged me to broaden the array of my wisdom. Taking his recommendations to heart has yielded many fruits in my journey, many of which I still am challenged by and are still germinating in my heart. However, I feel like my ability to articulate truth is that much more encompassing and universal because of what I have learned from him.

A leader is someone who is able to call forth and enhance the particular excellences latent in the hearts of those he or she serves.
Actions speak louder than words. Anyone can say whatever they want, but few have the ability of living out what they believe. It goes back to the saying: “If you talk the talk, you better walk the walk.” By living out one’s beliefs or passions with actions, one is being a true leader. I believe leadership is shown more through action than words. Certainly being a leader requires the ability of speech or communication. However, leading by example and showing the way is more effective, more motivational, and makes a greater impact.

Let’s look at some examples of leaders who led by example. Jesus definitely modeled the way for His followers. Jesus preached His message but also followed His words with His actions. He told His disciples to serve others, and then showed them that same service by washing their feet at His Last Supper. He told His followers to love one another as He loved them. His actions were the driving force behind His words as He led by example.

We can also look at generals of war leading by example. Many leaders and commanders started at the bottom of the leadership rung and worked their way up to the top. Often, one advances into leadership positions by doing honorable deeds and by gaining experience in battle. These generals worked their way into their leadership positions by what they had done, not what they had said. Soldiers follow and believe their general because he goes to battle with them and shows them the way. Few will put their trust in a leader if he has no experience in the task before them.

Both Jesus and many generals of war use words to lead and motivate, but their actions make them true leaders. Next time you are in a leadership position, think about leading by example. Remember, showing the way is more effective than using words. Even if you are not in a leadership position, you can still lead by example by standing up for what you think is the right thing.

“*If your actions inspire others to dream more, learn more, do more and become more, you are a leader.*”

- John Quincy Adams
Imagine being twenty-five years old and told you were going to be crowned the “Queen of England.” Not only are you twenty-five and now in charge of a country, but you are also the first female to rule your nation without a king by your side. Many might see this challenge as overwhelming, but not Elizabeth I. She tackled this conquest with great passion and strength and became one of England’s most beloved monarchs.

Elizabeth I was born on September 7, 1533. She was the daughter of King Henry VIII and his second wife Anne Boleyn. When Elizabeth I was three, her mother was executed. She would see six other mothers come and go throughout her lifetime. Elizabeth had one older sister, Queen Mary, and a younger brother, Prince Edward. Prince Edward succeeded to the throne after King Henry VIII, but died shortly after. Queen Mary then followed as heir. However, Mary, unlike her sister Elizabeth, was not well-loved by the people because she was a Catholic ruling in a primarily Protestant country. She suspected Elizabeth of plotting against her so she had her locked away in the tower of London. Like Prince Edward, Mary’s rule was short lived. Since she was not liked by the people, her husband asked her to resign. This gave the throne to Elizabeth, making her the Queen of England.

In spite of her poor family situation, which included being called an illegitimate child and then being accused of treason, Elizabeth I thrived as queen. Elizabeth I restored Protestantism to England, which was forced to become Catholic under Elizabeth’s sister, Mary. She also conquered the Spanish Armada, which was thought to be invincible. She encouraged the arts, especially theater, allowing it to grow and improve during her era.

Despite all her accomplishments, many people thought Elizabeth should get married, but this was something she would never do. Perhaps seeing all of her father’s failed marriages or maybe because she did not want to relinquish any of her power, Elizabeth remained unwed. Either way, Elizabeth I flourished as a monarch, making her country one of the most powerful nations at that time, as well as earning not only the respect of her people, but of the world!

Queen Elizabeth I of England

Reign: November 17, 1558 - March 24, 1603
Coronation: January 15, 1559
Predecessor: Queen Mary I
Successor: King James I (King James VI of Scotland)
Royal House: Tudor

Father: King Henry VIII
Mother: Anne Boleyn
Born: September 7, 1533
Died: March 24, 1603
Burial Site: Westminster Abbey
LEADERSHIP WORD SEARCH!

By: Dave Ostmann

Present your completed word search to the Office of Student Involvement & Leadership, in Gallagher 320, by December 15 and have a chance to win a cool prize!

Show Off Your Best Assets!
Nominate club members, advisors, or your organization for the following Leadership Awards:

GIVING TREE: For club members who deserve extra recognition for their devotion and self-less attitude!

BRAVO BRANCH: For club advisors who excel at helping students develop their own leadership skills!

PLANTING SEEDS: For a club or organization that sponsored an outstanding event or program that helped shape Xavier’s Leaders!

Nomination forms are at www.xavier.edu/leadership. Click on Leadership Awards and Recognition. Forms are due December 7th to the Office of Student Involvement & Leadership in 320 Gallagher.
Just a Note...

* Keep updated on the Peer Leadership Team... Join the Xavier Leadership group on the MyXU portal!

* Feel free to contact PLT at any time. We are always happy to help!

Phone: (513) 745-3662
E-mail: XUPLT@xavier.edu
Web Page: www.xavier.edu/leadership
Location: Office of Student Involvement & Leadership, Gallagher 320

Xavier Leadership
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