New Year, New Goals!

Did you know only 8% of people who begin the new year with resolutions actually stick to them? We’re not saying that you shouldn’t make goals, in fact, this GMC Team has set goals for ourselves this year! Kevin Kruse, a contributor to Forbes.com, shares an interesting method (the Gleicher Change Formula) to help keep your goal setting on track. Read the full article HERE.

National Mentoring Month

Did you know January is National Mentoring Month? As a highlight of National Mentoring Month 2016, Thank Your Mentor Day™ will be celebrated January 21. On that day, many Americans will reach out to thank or honor those individuals who encouraged and guided them, and had a lasting, positive impact on their lives. Although mentors can fill any number of different roles, all mentors have the same goal in common: to help people achieve their potential and discover their strengths.

The GMC Team knows how valuable mentoring can be and are happy to be able to bring this program to you. We also know this month will fly by, so please do find a time to meet with your mentoring team and join us for our GMC Winter Mixer later this month (information below).

Events to Attend Together

TAKE A BREAK WITH THE DEPARTMENT OF RECREATION - JANUARY 6TH, 4-7PM!

LIBRARY GRAND OPENING
WEDNESDAY, JANUARY 13 3:30 - 5:30PM
RSVP BY JANUARY 6, 2016 TO gretchen.falvo@ia.ucsb.edu

Winter Mixer

Wednesday, January 27th
11:45am-1:30pm
Student Resource Building, MPR

*Join us with your mentorship team for lunch and some giveaways! (lunch provided)*