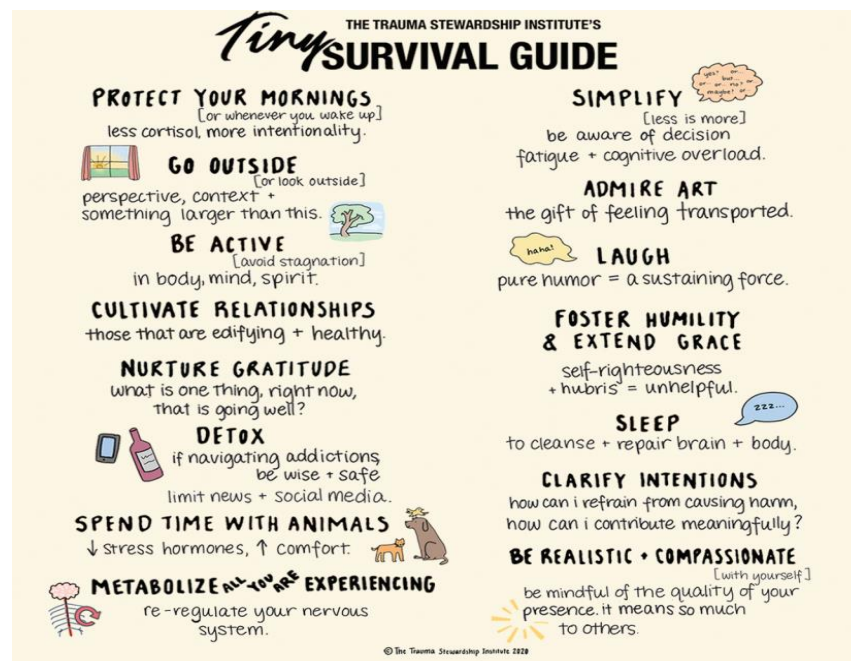# TIP for Mentoring – 7 domains & Tiny Survival Guide

Nina Smith 2/2023 –

1. Physical, Emotional, Social, & Academic Respect
   - Create a welcoming environment, encouraging questions, respecting students and their time
   - Prioritize accessibility – communications and engagement, emphasize learning from mistakes

2. Trustworthiness & Transparency
   - Invest in relationships to create an inviting environment for questions, worries and successes
   - Translate practices, sharing policies, offer support and send reminders to students

3. Support & Connection
   - Curate and share professional resources to support and promote student success
   - Offer opportunities to connect, engage in a dialogue to help students to plan and learn

4. Collaboration & Mutuality
   - Invite feedback about anything and everything: courses, assessments, portal, faculty support
   - Discuss perspectives, share success stories and struggles, remind of learning process being hard

5. Empowerment, Voice, & Choice
   - Recognize and emphasize students' strengths, highlight the importance of frequent celebrations
   - Engage in confidence-building, remind of choices students have, say aloud "You got this!"

6. Cultural, Historical, & Gender Contexts
   - Prioritize equity, respect students' diverse experiences and identities, offer help and support
   - Accommodate caregiving, age, status, experience, time zones, local events, racism/ other -isms

7. Resilience, Growth, & Change
   - Practice optimism, communicate a belief in success, help identifying and reflecting resilience
   - Use warm, strength-based language in communications, point out successes, support change

Adapted from: Carello, J. (2019). Examples of Trauma-Informed Teaching and Learning in College Classrooms; Báez, J.C., Marquart, M., Garay, K., & Chung, R.Y. (2020). Trauma-Informed Teaching and Learning Online: Principles & Practices During a Global Health Crisis; and Carello, J. (2022). A3 Self-Assessment Tools for Creating Trauma-Informed Learning and Work Environments.