

# NISTS 2021

## NOT-SO-SECRET TRANSFER AGENTS FEBRUARY 23-25, 2021 | VIRTUAL CONFERENCE

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*Educational Session*

### **Mentoring Builds Sense of Belonging—Even When It's Remote**

Transition Programs and Services

Can remote mentoring benefit new transfer students? In 2020, Transfer Connect offered mentoring to new transfer students enrolled in remote summer courses at a large research university. Each student received mentoring from a graduate student, both one-on-one and in small groups. On the required exit survey, over 90% of students reported the experience increased their sense of belonging and confidence they could succeed at the research university. This session will describe mentoring model and unpack assessment results.

**Michele Rabkin**, *Associate Director*

Berkeley Connect, University of California, Berkeley

# Yes, Remote Mentoring *Can* Build Sense of Belonging: Learning from Transfer Connect

Michele Rabkin, Associate Director  
Berkeley Connect  
NISTS Conference 2021

# Questions this session will answer:

- What is the Berkeley Connect mentoring model? How is it different from other mentoring programs?
- What do the data show about the impact of this model on transfer students' *sense of belonging*?
- Is it possible to successfully translate in-person mentoring to remote mentoring? What do the data say?

# Berkeley Connect



**Program Motto:**

“You belong here.”



## The Berkeley Connect Model:

*Faculty mentor* —> *graduate student mentors* —> *undergraduates*

# The Berkeley Connect Model:

- Outstanding graduate students are awarded fully-funded, yearlong Berkeley Connect research fellowships.
- Under faculty supervision, each Fellow mentors 40 undergraduates a semester (2 groups of 20), *both one-on-one and in small group settings.*
- Dual mentoring mode means 30 fellows can mentor up to 2,400 undergraduates a year.

# The Berkeley Connect Model:

- Undergraduates enroll in 1-credit course, taken Pass/Not Pass.
- Matched with mentor, placed in small group.
- Over semester, participate in:
  - One-on-one sessions with mentor (at least 2)
  - Small-group discussions facilitated by mentor (6-9)
  - Special events with professors and alumni (1-2)
  - Field trip to explore campus resources (1)
  - Optional office hours with mentor

# Berkeley Connect Outcomes:

When students complete the required exit survey at the end of each semester, they report:

- 95% increased their awareness of resources available to them.
- 94% deepened their knowledge of an academic discipline.
- 92% met other students who share their academic interests.
- **93% increased their sense of belonging at Berkeley.**
- **92% increased their confidence that they can succeed at Berkeley.**



# Transfer students:

- About 20% of UC Berkeley student population
- About 50% of Berkeley Connect participants
  - 44% first-generation college students
  - 37% low-income
  - 30% under-represented minorities

# Berkeley Connect impact on transfer students:

- Pre-survey: transfer students sense of belonging was **lower** than other students
- Post-survey: transfer students experienced a **greater increase** in sense of belonging than other students

# Transfer Connect:

- Summer 2020 pilot project
- Offered to new, incoming transfer students taking Summer Session classes
- Fee to opt-in to 1 credit course (financial aid eligible)
- Space for 120 students; enrolled to capacity (expanding in 2021)
- Cohort of 3 fellows from 3 different departments
- Interdisciplinary, focus on *adjusting to the research university*
- Six-week compressed schedule:
  - 2 one-on-one mentoring sessions
  - 6 small-group meetings
  - 2 special events
  - 1 field trip

# Pivot to remote:

- One-on-one mentoring: via Zoom
- Small-group meetings: via Zoom
- Special events: guest speakers via Zoom
- Field trip: “virtual field trip” options

# Results:

- 98% increased their awareness of resources available to them.
- 95% increased understanding of research university.
- 87% developed relationships with other students.
- **93% increased their sense of belonging at Berkeley.**
- **92% increased their confidence that they can succeed at Berkeley.**

# Impact of Remote Delivery:

- **One-on-one meetings:** 77% felt remote as beneficial as in-person would have been.
- **Small-group meetings:** 56% felt remote as beneficial as in-person would have been.
- **Overall:** 86% felt remote experience made “virtual” arrival at university more positive and more personal.

# For more information:

- Website: [berkeleyconnect.berkeley.edu](https://berkeleyconnect.berkeley.edu)
- Introductory videos: [berkeleyconnect.berkeley.edu/berkeley-connect-videos/](https://berkeleyconnect.berkeley.edu/berkeley-connect-videos/)
- Contact me: Michele Rabkin, Associate Director, [micheler@berkeley.edu](mailto:micheler@berkeley.edu)

## Berkeley Connect



Thank you!