

COES Mentors:

I hope that you had a great break and took some time to recharge! I know that Winter Quarter is chopped up with so many holiday breaks (plus our "ice" day today), but I do want you encourage you to continue to meet at least once a month with your Mentee. *Research shows that mentoring provides your Mentee with a cheerleader who can help faculty, researchers, and administrators in the college become aware of their accomplishments.* As always, the goal of our **monthly e-newsletters** are to provide information on resources, upcoming events, mentoring tips and other items of interest designed to help you be more effective as a Mentor.

***Invite your Mentee and come to the Winter Quarter Mentee/Mentor Coffee.** You asked for it: on last year's college-wide survey, mentors and mentees asked for a chance to get together and talk from time to time. So, we had our first Mentor/Mentee Coffee Fall Quarter and it was a great success. Lots of people dropped in, there were some great discussions, and it gave everyone a chance to meet some new colleagues. Our **Winter Quarter Mentee/Mentor Coffee** will be **Tuesday, January 29 from 8:00 - 10:00 a.m. in Room 107 of the Biomedical Engineering Building.** It is a come-and-go affair. We will have Starbucks coffee and treats - your job is to invite your Mentee and stop by yourself to visit with them and other Mentees and Mentors. We will have some materials that you might find helpful to discuss with your Mentee. Hope to see you there!

***Louisiana Academy of Sciences.** The 87th Annual Meeting of the Louisiana Academy of Sciences (LAS) will held Saturday, March 9 at Grambling State University. It is a great opportunity for your graduate students, undergraduate students, and post-docs to participate in a scientific meeting for almost nothing - a very cheap registration that includes lunch and a one-year membership in the Louisiana Academy of Sciences. They can also compete for oral and poster presentation awards. For more information, check out the LAS website at <http://www.laacademy.org>. **Abstract submissions are due by January 18 and early registration ends January 31.**

***More Changes in the Works at NSF.** NSF is in the process of transferring a number of services from Fastlane to Research.gov. The first of these changes will go into effect February 1, 2013. On that date, NSF Awardees must stop submitting annual, final, and interim project reports via Fastlane and start submitting them via Research.gov. Previously submitted reports that have been returned by the NSF Program Officer for revision should be revised and resubmitted prior to February 1 (using Fastlane). To assist with this transition, NSF will be extending the overdue date for all project report currently scheduled to become overdue between January 31 and April 30, 2013. For more information, check out the attached PowerPoint slides. They do a great job of explaining the changes complete with screen shots of the new site, highlight of the primary changes, etc.

***Take in a Basketball Game or Two!** A recent report highlighted a new trend among retirees. Instead of packing up and moving to warm climates like Florida or Arizona, they are moving to small college towns like Ruston! Why? The cost of living is far more

reasonable and there are a number of inexpensive things to do for fun and entertainment. Tops among those were attending college sports. You get a chance to see some great visiting teams, cheer on your own student athletes, all for a fraction of the cost of a ticket to a professional game. So encourage your Mentee to take a break and go see the Bulldogs or Lady Techsters play basketball.

Mentoring Tip for January: *Boost Your Productivity at Work. If you are like me, your "To Do" list has been growing longer and your time seems to be shrinking. Do you work longer hours (and get burned out)? Do you try to cut back your obligations (good luck with that one...)? How about boosting your productivity? The book "*Extreme Productivity: Boost Your Results, Reduce Your Hours*" talks about how to get more done in the time you have. Written by Harvard Business School Professor Robert Pozen, it gives practical advice for improving your performance by working faster and smarter. He advocates doing this by identifying and ranking short and long-term priorities, setting deadlines, and minimizing daily decisions. He is also a fan of routines which, it turns out, increase your efficiency by freeing up some of your mental energy.

Want to learn more? Check out this [article](#) in The Washington Post for a nutshell version of the book and some tips from the author. Questions? Contact the OWISE Office at 257-2101 or advance@latech.edu.