

COLLEGIATE ACHIEVERS PROGRAM - PEER MENTOR LEADS

BELIEVE IT - ACHIEVE IT WITH Y CAP!

BELIEVE IT – ACHIEVE IT Y COLLEGIATE ACHIEVERS PROGRAM

University YMCA

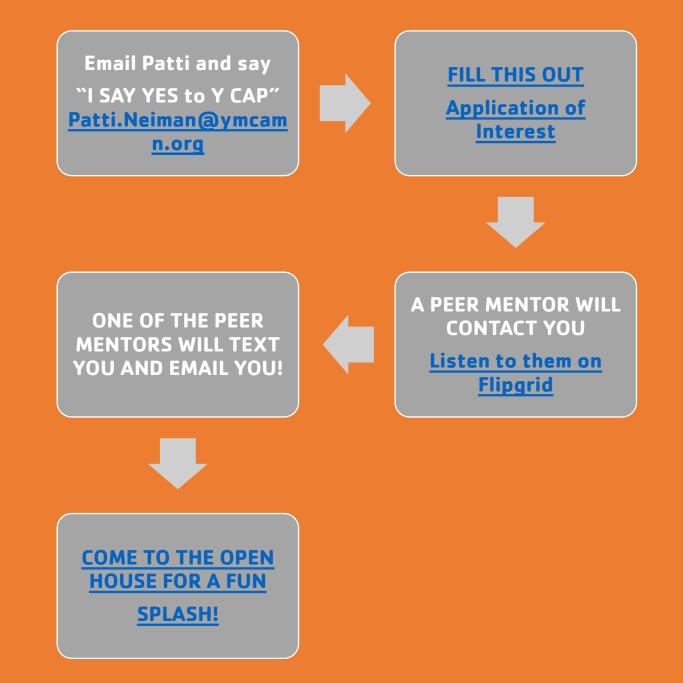
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WELCOME TO Y CAP

Y CAP 2008...2020

- 3 U of M Students inspired by their own college experience created a pilot in 2008-2009 called Y CAP. It was their goal to create a peer to peer support program for underrepresented students at the U of M.
- 2010 The program launched with 30 students, 27 of the original 30 graduated in 4 years. 15 went on to graduate and professional programs – MD, OT, MSW, PharmD, Hlth Care Admin, PubHealth, Nursing etc
- 2020 Y CAP has begun it's 11th year, supporting first year students through a model of support + service!

YOUR NEXT STEPS TO JOIN US – **BUT READ** THROUGH THE REST OF THE POWERPOINT **TO BE SURE!**



"The University YMCA feature program Y CAP promotes a sense of belonging and a provides a place to belong – the UY community"

How do we do this?

- Students need to find their "place", a space where they can be authentic – where growing is the norm - THIS IS THE UY! We may be virtual be we are HERE!
- You do YOU, and that's who we want! Students are accepted for ALL of who they are – student, sibling, family member, worker – THIS IS THE UY AND Y CAP
- 3. Do you believe you have something to contribute to create change in the smallest and greatest of places? THIS HAPPENS IN Y CAP!
- 4. Cool Y CAP SWAG we SHOW UP and represent!

What's in it for you? Yes, we got mentors yes we do, we got mentors how about you? **MENTORS**

We thought you'd never ask!

- A team of 6 peer mentors the BEST of the best who are going to meet with you once a week and virtually keep in touch – supporting you in your adjustment and development.
- 2. A UY Director that will invest in you and share her HUGE NETWORK of University, Community and National resources!
- 3. Work Study and/or Volunteer Experiences
- 4. Professionals will zoom into meetings just to meet you to help you open doors to new opportunities!

Why should you or any college student volunteer or serve outside of college classroom learning?

- Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes you better.
- Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.
- Builds your network, skills and strengths

The Basics: What does Y CAP look like?

6 Teams (total) 6 Peer Mentors 30 First Year Students 12 Second Year Students

Weekly 1 hour

Zoom Meetings with team – Meetings will include information/resources and relevant topics of interest

YMCA Professionals provide mentorship to first year students Service Opportunities. VOLUTNEER & WORK STUDY



THANK YOU!