

# Mentoring@Purdue

## Effective Mental Health Strategies for Mentoring through COVID



**Join us on Zoom!**

**Meeting ID: 915 8549 7482**

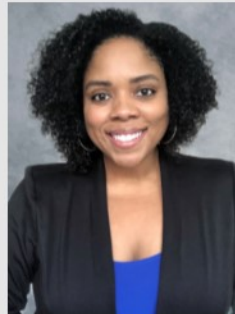
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Wednesday, October 21, 2020  
Noon – 1:00 p.m. (EDT)



**J. Richelle Joe, Ph.D.**

Assistant Professor - Counselor Education  
Dept. of Counselor Ed. and School Psychology  
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**Angel M. Jones, Ph.D.**

Adjunct Professor  
Higher Education Administration  
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**Pearl Lo**

Ph.D. Student - Higher Ed. & Student Affairs  
RD for the Dept. of Fraternity & Sorority Life  
The University of Maryland

COVID-19 has impacted the way we learn, work, and interact with others. During these uncertain times, it is important to monitor our mental health and look out for one another. This workshop will feature some effective mental health strategies and tools that can be used to assist with virtual mentoring. Please join us for this discussion on how we can be proactive facing the challenges of COVID-19

This free virtual workshop is also open to anyone outside of the Purdue Community.

### What is M@P?

M@P is a mentoring program designed for women and minority graduate students at Purdue University. M@P aims to improve the quality of graduate education through fostering mentoring relationships between graduate students and faculty or staff members.



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