

# Food for Thought - From Teacher to Mentor (2018-2019)

You're invited to Food for Thought - From Teacher to Mentor, a program sponsored by California State University East Bay. Connect with a faculty member over a FREE meal at the Pioneer Heights Dining Commons and chat about your on-campus experiences, upcoming opportunities, and your future career aspirations. This one-on-one opportunity offers a free meal voucher to both the student and an invited "teacher".

We hope you have an opportunity to eat with a teacher, and leave with a mentor!

Who Can Participate?

Currently enrolled, undergraduate student attending Cal State East Bay  
"Teacher" must be a current faculty /professor, teaching assistant, and/or potential mentor from the CSUEB community.  
Students can invite a teacher and/or request to be paired with a teacher from our Food for Thought Directory.

Individuals that require accommodations for this program, please contact Accessibility Services immediately after completing your application. email: [as@csueastbay.edu](mailto:as@csueastbay.edu) | phone: 510-885-3868.

## Tell us about you!

Your Name (First Name, Last Name) [Required]

What is your Net ID: [Required]

Valid input:

- Alphanumeric - ex: A11a
- can not contain any spaces.
- must be between 4 and 7 characters.

What is your major? [Required]

What Food for Thought option would you like to choose? [Required]

NOTE: If you have identified a teacher of your choice, you must have secured an anticipated date for the Food for Thought meal to continue with the form.

Valid input:

- Select only one choice.
- must select a value.

- You have identified a faculty/staff member you would like to participate in Food for Thought (You already have a teacher in mind).
- You would like to be paired with a faculty/advisor through the Food for Thought Program (You would like to be assigned a mentor).
- You have identified a mentor from the Food for Thought Directory (You have picked a mentor from the website).

What is your preferred email address? [Required]

How did you learn about Food for Thought?

Class lecture, Support Program, Email, Flier, etc.

What are your areas of interest? [Required]

- Values and Identity/Personal Development (Leadership, exploring diversity, etc.)
- Intellect (Test anxiety, study tips, computers, etc.)
- Engagement (Clubs and organizations, intramurals, etc.)
- Wellness (Counseling, transition to college, stress, alcohol and drug awareness, etc.)
- Self & Community Advocacy (Managing conflict, asking for help, etc.)
- Future Plans (Career guidance, major information, planning after graduation, etc.)

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## Teacher Identified

Please provide your teacher's full name: [Required]

How did you meet this teacher? [Required]

i.e. Enrolled in [\_\_\_] class, via a campus program, referral, faculty advisor, etc.

Please provide your anticipated Food for Thought meal date. Your voucher will be available for pick-up during the week of your scheduled Food for Thought. [Required]

## Request for Pairing

What are your current academic/career interest? [Required]

What areas of the campus do you hope to explore more about and/or receive additional resources from?

What is your favorite thing about attending Cal State East Bay? [Required]  
I.e. Courses, Student Clubs/Orgs, Living in Pioneer Heights, Diverse Student Community, etc.

In general, what days of the week would you be most available for a meal at the Dining Commons? [Required]  
Please include day of week & meal. I.e. Monday's lunch, Thursday's breakfast, and Wednesday's dinner.

Would you be preferred to be paired with: [Required]

Valid input:

- Select only one choice.

Faculty

Academic/Support Resources Advisor or Counselor

Either options are of interest to me.

Notes Regarding Pairing: [Admin Use Only]

Once you've been paired with a faculty or advisor, we will provide name & contact in this field so you can set up the Food for Thought meeting date. You are welcome to revisit your application at any time to receive this info.

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Please list the name of your desired "teacher" as it appears in the directory. [Required]

What are your current academic/career interest? [Required]

What areas of the campus do you hope to explore more about and/or receive additional resources from?

What is your favorite thing about attending Cal State East Bay? [Required]  
I.e. Courses, Student Clubs/Orgs, Living in Pioneer Heights, Diverse Student Community, etc.

In general, what days of the week would you be most available for a meal at the Dining Commons? [Required]  
Please include day of week & meal. I.e. Monday's lunch, Thursday's breakfast, and Wednesday's dinner.

**Notes Regarding Pairing [Admin Use Only]**

Once we have confirmed the availability of your "teacher", we will provide name & contact in this field so you can set up the Food for Thought meeting date. You are welcome to revisit your application at any time to receive this info.

## Thank you!

Thank you for joining us in the Food for Thought program!

Once your Food for Thought Application has been processed we will contact you via email. Dining vouchers will be available for pick-up during the week of your Food for Thought appointment. At this time, Food for Thought is only available for 1 student per 1 teacher. If you are requesting a pairing with a teacher, we will work diligently to connect you with a campus mentor within the next two weeks. Please stay tuned to your email!

Free Starbucks? Don't forget to complete the Program Survey!

After you have completed your dining experience, a program survey will be sent to your email. Complete the survey to enter your name into a drawing for a follow-up Food for Thought Starbucks voucher!

Please direct questions or concerns:

[liam.hawkyard@csueastbay.edu](mailto:liam.hawkyard@csueastbay.edu)