PROGRAM OVERVIEW
Mentoring, Goal Setting, Self Esteem

Sponsored by Center for Diversity and Inclusion (CDI), the Young Women Leaders Program (YWLP) is a mentoring program that pairs female undergraduates with middle school girls from the local community. The YWLP mentors (Big Sisters) work with the girls (Little Sisters) to help them practice goal setting, build positive self-esteem, learn strategies for dealing with stress, and develop leadership, problem solving, and communication skills. YWLP is a year-long commitment for Big Sisters. Michigan Tech students selected for YWLP go through ten weeks of mentor training during the fall semester then spend nine weeks working with their Little Sisters during the spring semester (late January through mid-April).
LEADERSHIP DEVELOPMENT
Leadership Skills, Group Discussions

The primary goal of every YWLP activity is to help girls develop their leadership skills. During the nine-week program, Little Sisters work one-on-one with their Big Sisters to complete activities that ask them to think about when, where and how people act as leaders. Little Sisters also participate in group discussions that enable them to explore ways they can learn and apply leadership skills in their own lives.

BUILDING CONFIDENCE THROUGH SISTERHOOD
Community, Respect, Support

YWLP is designed to help young girls develop trust and a sense of community with their peers. Little Sisters participate in a variety of activities that allow them to practice active listening and learn effective communication skills. Big Sisters model respect and positive reinforcement which creates a sense of comfort that allows the Little Sisters to open up and show support for each other. The result is an environment where young girls feel valued for who they are and what they have to say and where they grow increasingly confident about speaking up for themselves and for others.

PARTICIPANT SELECTION

YWLP is coordinated by Michigan Tech each year, and middle schools in the local area host the program on a rotating basis. The Little Sisters, who are selected on the basis of their leadership potential, are invited to participate in the program by the guidance counselor at their middle school. The program is provided free of charge. Parents only need to sign and return the required consent forms by the deadline listed on the invitation letter.

Michigan Tech students who are interested in applying to be YWLP mentors should complete the application available on the YWLP page of CDI’s website. The applications are due in late March, and notifications are sent out in early April. All YWLP mentors must have a GPA of at least 2.75 and cannot have received any disciplinary sanctions while at Michigan Tech.