



Y COLLEGIATE ACHIEVERS PROGRAM - PEER MENTOR LEADS

**BELIEVE IT - ACHIEVE IT  
WITH Y CAP!**

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**Y COLLEGIATE**  
**ACHIEVERS PROGRAM**

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University YMCA



**Carmen**



**Kenya**



**King**

# 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 11<sup>th</sup> 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?

1. 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!
2. 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!

1. 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**



MEET NDINA

KNOW YOUR WORTH



MEET JOLIE

BELIEVE IN YOURSELF



MEET MAUI

KEEP ON GOING



MEET SIMBIAT



MEET NHIA

YOU CAN DO IT!

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MEET KEEMARR

THANK YOU!