

The Monthly Mentor

Creating a Culture of Members Helping Members

Hello and Welcome, Mentors and Mentees!

This is year five of the MYP, and we have come a long way in five years. What started as an idea has evolved to include 278 people representing 259 institutions in 61 countries worldwide. What an impressive group of professionals! The field of college counseling and university admissions is incredibly collaborative, and your participation in the MYP is a fantastic testament to that. Thank you so much for your time and dedication to supporting one another.

While the MYP begins and ends with the act of one-on-one mentorship, we hope you will also take advantage of the other resources, events, and opportunities that the MYP provides. For example, we will continue to offer \$250 PD grants for MYP members to apply for (more information to follow soon). We will also have two more all-group online meetings this year, one on February 3rd and the final one on June 2nd.

As a Mentor to three incredible individuals who are now MYP Mentors themselves, I gained valuable insights from their perspectives, grew through the challenges we navigated together, and was reminded that mentorship is as much about learning as it is about guiding.. Beyond providing guidance and support, mentorship is about providing a space for people to be a thought partner, confidant, and friend. In each of the Mentorship experiences I had, I thoroughly enjoyed getting to know my Mentees, helping support them through challenging times, and forming friendships with them through the process.

Wishing you all the very best for the year ahead!
-Scott Lassey, MYP Co-Chair



***Don't forget to add your Agreements/Goals
to our Shared MYP Google Folder***

It was so great seeing so many of you for the MYP meet up this summer!

**INTERNATIONAL ACAC
BOSTON '25**
Northeastern University



**2027 International ACAC
Scholar Program Nomination**
Due Oct. 31st

**2025 Sub-Saharan Africa
Regional Institute, Oct 24-26**
Register Here

**2026 East Asia, Southeast
Asia, & Oceania Regional
Institute, April 9-11**
Register Here

**Be sure to renew your
International ACAC
Membership today!**
(Check your inbox for renewal)

**Podcast Listen: The College
Essay Guy** - Rethinking "Best"
Colleges: Tools, Tips, and
Mindset Shifts for a Better
College List - Jay McCann and
Steven Antonoff, Authors of
The College Finder

College Virtual Tours List:
Compiled by Rebecca
Chabrow with assistance from
College Wise

The Guardian Article: Small
US college towns reel amid
Trump immigration crackdown:
'They need international
students'



MENTOR/MENTEE SPOTLIGHT

Mentee: Michelle Lockwood, International School Ho Chi Minh City
Mentor: Rebecca Pohl, United World College Thailand

When Michelle and I were paired up last September, I could never have predicted the journey ahead of us. At first, our monthly meetings were pretty straightforward – sharing information, offering suggestions, discussing challenging cases, and getting to know one another.

Then in March, I was hit with the Big C. Once the pathology results confirmed that I would be facing months of chemo and immunotherapy before surgery and radiation, I knew I needed to let Michelle know. At the very least, she deserved to understand why I might not be as present as I had been earlier in the year.



Michelle was, in a word, incredible. She not only listened and encouraged me, but also connected me with one of her colleagues who had gone through the same diagnosis, TNBC. That connection provided comfort and perspective at a time when I was consumed with fear. Michelle even sat with me during one of my chemo sessions when she happened to be in Bangkok on a treatment day. And over the summer, when I had just finished chemo and my spirit and body were at their weakest, we attended the Heart of Mass counselor tour together and then were roomies at IACAC.

Did we share information and develop new knowledge during our Mentor Year? Absolutely. But it was so much more than that. What I've learned is that you never really know what each of you can offer the other. Support can come in many forms. And as the new MYP kicks off, I wish all of you the support and encouragement that will carry you through whatever this year brings.

–Rebecca Pohl



Meeting up at Bumrungrad Hospital in Bangkok, Thailand, for our respective medical appointments. This sweet lady sat with me during my chemo session!



Campus security gave us a ride back to our dorm room after the opening reception at Northeastern University for the 2025 International ACAC Annual Conference!

**A WARM MESSAGE FROM: ANDREW PALMER, SEOUL FOREIGN SCHOOL
DIRECTOR OF HS COUNSELING & UNIVERSITY ADMISSIONS
INTERNATIONAL ACAC, EXECUTIVE BOARD MEMBER**



When I think about mentorship, I feel incredibly privileged to have been guided by remarkable people throughout my career. Each mentor gave me something different, and together they shaped not only how I work, but how I view this profession. One mentor reminded me that the best guides don't hand you all the answers – they help you discover your own. Another showed me what it means to feel like you already belong, even when you doubt yourself. And a third challenged me to grow into the next version of myself, to step into new opportunities even when they felt just out of reach.

That is why the International ACAC Mentor Year Program (MYP) resonates so deeply with me. It formalizes something I have experienced personally: the profound impact of someone walking alongside you in this profession. Whether you are a newcomer navigating your first season or a seasoned professional facing new questions, mentorship has a way of meeting you right where you are – and helping you take the next step forward.

What makes this program extraordinary is not just the one-on-one relationships, but the spirit behind them.

Many industries are defined by competition and guarded knowledge. Our field is different.

We are at our best when we are generous, when we share openly, and when we see that our collective strength directly benefits the students and families we serve. We are not competitors – we are collaborators, and through mentorship we embody that truth.

For mentees, joining the MYP is an act of courage. You are declaring that you want to grow, and that you are open to learning from others. For mentors, it is an act of generosity and responsibility. By giving of your time and wisdom, you are not just shaping a colleague's career – you are strengthening our profession as a whole.

The brilliance of this program is that it reminds us we are better together. Through connection, collaboration, and partnership, we support one another so that we, in turn, can better support our students as they pursue their dreams and strive to make the world a better place.

I believe in mentorship because I have lived its impact. And I believe in this program because it ensures that the gift I received can be passed forward, multiplying its effect across our profession and, ultimately, across generations of students.

To our mentors and mentees - GO GET IT!

Sincerely,

Andrew Palmer



EVENTS & LINKS

- [NACAC - Continuing Education and PD Events](#)
- [International ACAC EVENTS CALENDAR](#)
- [International ACAC ANNUAL CONFERENCE INFO](#)
- [International ACAC Facebook Group](#)

If you and your mentee/mentor would like to be featured in the next MYP newsletter, please email mentoryearprogram@internationalacac.org