



# Welcome to “ARISE” Mentoring

NO.100

“ARISE” MENTORING

MAY 29, 2025

ACHIEVE RENEW INSPIRE STRENGTHEN EMPOWER

## Newsletter

### Welcome!

We're thrilled to share exciting news – the **ARISE Mentoring** Program has officially launched its **new, integrated platform!** No more hopping between websites or wondering what to do next. **Everything you need is now in one place** – your learning modules, journals, resources, and support tools are all housed under one roof at [www.ffgoil.org](http://www.ffgoil.org).

You're part of a community that's designed to lift you up, build on your strengths, and celebrate your growth!



Whether you're just beginning your journey or continuing your path with us, know this: **you are not alone.**

MENTEE  
SPOTLIGHT:  
MEET AUTUMN





## 💡 Meet Autumn

"Some of the things I hope to gain as a mentee are to learn about today's challenges and how they can affect others. Ways how we can help one another achieve success in life and treat others the way they are meant to be treated..

The mentee orientation training was incredibly helpful—it set a solid foundation and made me feel both supported and prepared for the journey ahead... Being able to learn what it truly takes to become a mentee and train alongside with other mentees is a blessing in disguise."

— Autumn, Sociology Major at MSJC

Contact us if you'd like to be considered for the ARISE Spotlight!  
[foulk@ffgoil.org](mailto:foulk@ffgoil.org)

## MENTEE SPOTLIGHT: AUTUMN



“I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.”

— DR. MAYA ANGELOU

““SOMETIMES THE BRAVEST AND MOST IMPORTANT THING YOU CAN DO IS JUST SHOW UP.””

— DR. BRENÉ BROWN

## WHAT'S NEW?

- A user-friendly course portal for both mentors and mentees
- Badges + certificates for each milestone
- An integrated Hybrid Reflective Journal (Google Docs + Moodle)
- Private Reflection Forums for connection and support
- Automated reminders to help you stay on track

# ARISE!



## Message from the Founder

The ARISE Mentoring Program has been a labor of love – built with care to support your growth, leadership, and transformation. We believe that mentorship is more than a relationship – It's a space to rise together. A space where your story matters, your voice is heard, and your future is honored.

Let's soar – together.

With deep gratitude,  
Dr. Susanne Foulk  
Founder & Executive Director  
Foundation for Greater Opportunities  
In Learning (FFGOIL)  
Instructional Designer, ARISE Mentoring Program



**Co-Creators: Jennifer Dettloff-Carter,  
Sharon Vidano, and Diana Camba**  
Thank you for your heart, insight, and dedication.



 [Log In Now](#)

WE HAVE JUST RELEASED A NEW MENTORING  
PLATFORM!

Portal: [www.ffgoil.org](http://www.ffgoil.org)

Temporary Password: Arise2025!

Log In with your email

Need help? Email [foulk@ffgoil.org](mailto:foulk@ffgoil.org)

or text me 626.993.0060