

Mentors Can Help Facilitate:



- Understanding of importance and wisdom of the diversity of experiences at every life stage.
- Providing support, guidance, and an opportunity to share life-experiences
- Enriching both partners cultural knowledge
- Promoting personal growth
- Increasing feelings of connection, involvement, social integration, well-being and happiness

If you are interested in becoming a part of this mutual learning program, please contact us at the email addresses below. Make certain that we have your name, email, and/or other contact information.

Contact

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ILEARN: Intergenerational Learning



Connecting Generations and Communities Program



age-friendly
cities and communities
in practice

By local communities, for local communities

History

The intergenerational learning and mentoring program has been in effect at WCU for 15 years. The mentoring partnership is a two-way learning experience of mutual benefit.

Learning and mentoring partnerships reduce ageism against younger and older adults; promote understanding for diversity, as well as mutual respect for values and life experiences. Individuals, of every age, struggle to maintain a sense of contribution and integrity. A mutual mentoring relationship can provide a satisfying venue for discussion of some of life's challenges and the promotion of wisdom.

Intergenerational Learning

"In learning you will teach, and in teaching you will learn." - Phil Collins

People of different generations can offer support to each other through meaningful discussions. The ILEARN program offers one forum for such interaction. It focuses on a relationship that involves intergenerational communication, discussion, and learning.

The Intergenerational Learning Program (ILEARN) offers younger and older adults the opportunity to develop a mutual learning and mentoring relationship for at least one semester. Participants are asked to meet on a bi-weekly basis (6 meetings) for at least 12 weeks. It is possible to hold online meetings.

Discussions will vary but possible topics include: Day to day and major life stressors; health concerns, sources of support, happiness and well-being; life-long learning, time management strategies; what to do for fun, travel, and so forth.

The mutual learning, sharing, and mentoring relationship is non-judgmental, focused on mutual respect and learning. Through face to face meetings and conversations and e-mails partners can share their wisdom on a variety of topics. A successful relationship should lead to mutual understanding and the promotion of intergenerational respect and understanding.