

Tutors to Teachers Highlights

January/February 2026



CHECK OUT THE LATEST IN WINTER 2026 T2T NEWS!

Collaborating Partners

The Tutors to Teachers program continues to collaborate with the following school districts: Franklin County Public Schools, Frederick County Public Schools, and Prince William County Public Schools. Our tutoring sessions focus on reading and language arts, math, and science for students in grades 3-8.

T2T By The Numbers

4300 +

Tutoring Sessions & Counting!



Tutors

Back Row: Biswesh, Camilla, Keerthi, Ariam, Chance
Front Row: Dhanush



Tutors

Navaeh & Vlera

We'd love to hear from you!

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or rpamas@gmu.edu

Tutoring Tales

January/February 2026



WINTER 2026 MENTOR: BISWESH

A **senior** at George Mason University,
majoring in **Computer Science**.



Can you describe your experience as a mentor tutor?

Being a mentor tutor has been one of the most rewarding experiences for me, here at Mason. There's something special about being on the other side of tutoring as instead of just working directly with students, I get to help tutors navigate those moments when they get stuck or unsure how to approach. I love being that person someone can always reach out when they're having a tough time or aren't sure how to approach a concept in tutoring. Seeing tutors grow in their confidence and watching them figure out their own personal teaching style has also been fulfilling.

How do you feel you are helping current tutors? Can you provide an example?

I think I'm helping tutors build resilience and adaptability. Recently, one of my tutors reached out pretty frustrated since their student stopped showing up to sessions. They felt like they were doing something wrong. We talked through it and I shared some strategies and also brainstormed different ways to make the sessions more engaging for students. A few weeks later, the tutor messaged me about how his student was back and was getting slowly excited about the upcoming sessions.

“ Seeing tutors discover their own creative solutions and watching their confidence bloom was fruitful and that's what keeps me coming back. ”

How has mentoring helped you become a better learner? How has it helped with becoming a better tutor?

Mentoring has definitely shifted my approach on learning. When you're explaining concepts to tutors who then explain them to students, you realize that you need to understand things at a much deeper scale. That's why it forced me to break down my own learning process deeper and really think about why certain strategies work better. I've become much more intentional about how I study and prepare for my own classes. As a tutor, mentoring has made me more patient and empathetic since I've learned that every student has a different path to understanding and sometimes the best thing is just to listen and guide rather than give all the answers right away.

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WINTER 2026 MENTOR: SANDRA

A **junior** at George Mason University, majoring in **Community Health** with a concentration in Global Health and a GIS minor

Can you describe your experience as a mentor tutor?

My experience as a mentor tutor has been so memorable and rewarding. In conversation with my mentees, I often recalled my own experiences as learning examples, from tutoring math and reading for middle schoolers to currently, anatomy and physiology at the college-level. Being a mentor tutor has given me the platform to support tutors through initial connections, mutual understanding, and shared experiences. I especially looked forward to reading weekly emails from my mentees, updating me on how a tutoring session went, making new observations, and eagerly seeking feedback on how to make the next one even better for their tutees. It's been a wonderful journey, and I'm grateful to work with such a dedicated and caring team.

How do you feel you are helping current tutors? Can you provide an example?

In providing consistent, actionable, and timely feedback, I hope my mentees feel supported and more confident in their own tutoring journeys. Our exchanges vary from lesson planning and considerations for tutee's motivation and engagement to encouraging messages and Q&As.



“My favorite part of mentoring is witnessing my tutors' self-efficacy grow throughout the semester while cheering them on!”

How has mentoring helped you become a better learner? How has it helped with becoming a better tutor?

Mentoring has taught me how to use my strengths efficiently, overcome weaknesses, and discover the kind of mentor I am. I believe the skills I practiced in mentoring will greatly guide me to further support students, especially in my next role as a Learning Assistant (hosting review sessions, finding learning styles, and developing personalized study strategies amongst others). One significant skill that helped me become a better tutor was understanding the process of self-regulated learning to effectively guide tutees towards independent learning.

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WINTER 2026 TUTOR: HARRIS

A **sophomore** at George Mason University,
majoring in **Physics**.

Can you describe your experience as a tutor?

At first, I was concerned of my ability to transmit knowledge, I prepared well before each class and always had a plan of what I was going to teach and explain. Soon, I managed to adjust the class according to their needs, always maintaining the rhythm Math requires.

How has your tutoring helped students master the content and become independent learners?

Firstly, I tried to create a friendly environment for the students, where they could feel comfortable with me and ask questions they may hesitate to ask at an ordinary school class. With time and repetition and a lot of personalized attention, they hopefully improved their skills and felt more confident with the subject. I hope I have given them good study habits and showed them how to navigate through Math. Classes have been really dynamic and interactive, adapted to their particular needs, and this personalized approach has improved their capacities.



“ My favorite part was seeing the light in the students eyes when they understood what I was explaining.

”

In what ways has the T2T program helped you become a better learner?

It has been an excellent experience for me, not only as a tutor but as a learner as well. It is about managing your knowledge before you pass it to someone else, and this gave me a better understanding of myself, how I stand before public, even in a personal scale. I self improved dramatically after each class, it made me evaluate myself and most importantly learn from the students attitude towards me. Seeing as a tutor how they perceived my teaching, helped me understand how deeply I domain various concepts and where I need work more to improve myself. I surely became more self aware, and this gives me confidence to continue learning.

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WINTER 2026 TUTOR: GISEL

A **sophomore** at George Mason University,
majoring in **Sport Management**.



Can you describe your experience as a tutor?

When I first started, I was worried! I wasn't sure how I'd do and if my tutees would like me, especially since I started later in the semester. Turns out we all clicked immediately; We even started at a faster pace than I was expecting! Though there's some unique difficulty on the way, I love seeing and helping my tutees take down the obstacles that face them, which is a great skill to have outside the classroom.

“ I love seeing and helping my tutees take down the obstacles that face them, which is a great skill to have outside the classroom. ”

In what ways has the T2T program helped you become a better learner?

Firstly, the program has helped me embrace my adaptability. Learning about how my peers approach their lives gives me ideas on how to do things, like where to study or how to take notes. Also, it turns out lesson planning helps a lot when I do it in a way that suits me! Additionally, I've had to think about how I understand various topics in order to teach them, which made me realize that I learn from experiences and practical scenarios.

How has your tutoring helped students master the content and become independent learners?

I haven't seen much just yet, but I do know that they're changing. I feel like some distractions have helped them a lot, actually; It's given them some time to unwind, especially after a long school day. Afterwards, they really focus on the stuff they do. I feel that being happy while doing your work makes you feel a lot better about it, and my tutees are great evidence for that.

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