



# PROFESSIONAL MENTORSHIP PROGRAM OVERVIEW

## MENTEE (Student)

### PURPOSE

The purpose of the Professional Mentorship Program is to pair students with working professionals in order to prepare students for their intended career.

Mentoring relationships are a shared opportunity for learning and growth. Mentoring as an extracurricular development opportunity provides long-term benefits for students, connecting them with support and a networking base as they move through their collegiate experience into careers of choice.

### ELIGIBILITY

- Students currently enrolled in an academic program
- Must be 18 years or older

### GOALS

1. Gain life skills, career knowledge, and experience
2. Expand professional network
3. Benefit from inspiration and support (professional, academic, personal)
4. Potential life-long connection between mentor/mentee

### WHY HAVE A MENTOR?

Mentoring, at its core, assures students that there is someone who cares about them, guides students as they navigate academic study and career choices, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on students in a variety of personal, academic, and professional situations. Ultimately, mentoring connects students to personal growth & development and social & economic opportunity.

### BENEFITS

Students who participate in mentoring programs are more likely to graduate and have greater job placement rates, and as an outcome, the collegiate institution increases student retention and creates an enriched educational experience.

### WHAT MAKES A GOOD MENTEE

To benefit from the mentoring relationship, a mentee needs to:

- Be open and honest
- Be accessible, committed, and engaged for the length of the program
- Commit to establishing, sharing, and working toward goals for self-development
- Assume responsibility for acquiring or improving skills and knowledge
- Actively listen and ask questions
- Seek, and be open to, constructive criticism
- Be respectful of the mentor and his/her time and resources by keeping appointments and responding timely to communications.

## FAQ's

### 1. What is Mentoring at Trocaire?

Mentoring is a one-on-one relationship in which a professional provides guidance to a student who is working towards successful graduation and placement within their field of study. The mentoring relationship is formed outside of regular classroom activity and within the confines of all institutional policies, rules, codes of conduct, and regulations.

### 2. What are the responsibilities of a mentee?

- The mentee is asked to make a one-semester commitment
- Mentee will attend a "meet and greet" session with their mentor before or at the beginning of the semester
- Mentee will set up a regular contact schedule with their mentor
- Together, mentee/mentor will set goals for the semester
- Mentee will meet with mentor during agreed-upon scheduled times, communicating by email, text, or a phone conversation

### 3. How much time does mentoring require?

The mentor and mentee work together to set a regular contact schedule for the duration of the academic semester. Recommended minimum contact requirement is 5 contacts per semester (email, text, or phone), with at least 2 of these being face-to-face.

### 4. Want more information?

If you are interested in becoming a mentee, please contact Program Coordinator, Pam Jablonicky.

## CONTACTS

### Program Coordinator

Pam Jablonicky  
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