



PROFESSIONAL MENTORSHIP PROGRAM OVERVIEW

MENTOR

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

- Community partners
- Alumni of Trocaire College

GOALS FOR MENTEE

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 MENTOR A STUDENT?

Mentoring, at its core, assures students that there is someone who cares about them, guides them 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. Mentors have the opportunity to give back, sharing knowledge and expertise of their professional field. Ultimately, mentoring connects students to personal growth & development and social & economic opportunity.

BENEFITS

Many mentors say that the rewards they gain are as substantial as those for their mentee and that mentoring has enabled them to:

- Achieve personal growth and learn more about themselves
- Improve their self-esteem and feel they are making a difference
- Gain a better understanding of other cultures and develop a greater appreciation for diversity
- Feel more productive and have a better attitude at their workplace

Above all, a good mentor is willing to take the time to get to know their mentee, to learn new things that are important to the student, and even to be changed by their relationship.

WHAT MAKES A GOOD MENTOR

Before becoming a mentor, here are a few things to understand about the role of mentoring. Most of us have had a teacher, supervisor or coach who has been a mentor to us and made a positive difference in our lives. Those people wore many hats, acting as delegators, role models, cheerleaders, policy enforcers, advocates, and friends. Mentors assume these different roles during the course of a relationship and share some basic qualities:

- A sincere desire to be involved with a student
- Active listening skills
- Empathy
- Ability to see solutions and opportunities
- Flexibility

ROLES/BEHAVIORS DEFINED

Development of your mentee depends on exploring career aspirations, strengths and weaknesses, goal setting, implementing strategies, and evaluating along the way. The mentor provides the “light” for the mentee to follow. Sharing wisdom and past experiences is what the mentee looks for from the mentor. Ideally, a mentor needs to:

- Be a positive role model, acting as coach, advisor, guide, teacher, and cheerleader
- Create a supportive and trusting environment
- Be accessible, committed, and engaged during the length of the program
- Actively listen, question, and give positive or challenging feedback as needed
- Openly and honestly share “lessons learned” from your own experience
- Be a resource and a sounding board
- Seek assistance if questions arise that cannot be answered

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 mentor?

Mentors are asked to make a commitment for an academic year. The mentor will participate in a training session and will attend a “meet and greet” with their mentee before or at the beginning of a semester. The mentor will set up a regular contact schedule with their mentee. Together, the mentor/mentee will set goals for the semester. Mentor will meet with mentee during agreed-upon scheduled times, communicating by email, text, or a phone conversation. Mentor will provide guidance to mentee’s questions and concerns. Mentor will be a resource to assist in a mentee’s collegiate, personal, and professional development.

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 mentor, please contact Program Coordinator, Pam Jablonicky.

CONTACTS

Program Coordinator

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