



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Mentee FAQ

What can I expect from mentoring?

- Be realistic in your expectations of how much time and support your mentor will give you. Our mentors are volunteers with busy lives – many have demanding jobs, families and other commitments.
- Your mentor's time is valuable, so show them that you value it. Follow through with appointments made; avoid sending too many requests in a short space of time; and try to make progress independently in the times between your conversations.
- Above all, remember to thank your mentor regularly and to tell them about your successes as well as your problems. Your gratitude and evidence of your progress will encourage your mentor that the time they spend with you is well spent.
- A Mentoring Certificate of Completion is available for those who submit the required documentation by the end of March.

What if my mentor can't meet my objectives?

- It is not a failure on their part (nor yours) if what your mentor is able to offer does not fit with your needs. In that case, you should honestly discuss this with your mentor and either work together to set different objectives or agree to end the mentoring relationship.
- If the relationship ends early, please try approaching a different mentor. Do not give up just because one mentoring relationship did not work. For best results, approach a new mentor and be open with them about what went wrong last time, so they can judge whether they can meet your needs or whether you should approach someone else.

What if my mentor can't help me with a specific issue?

Mentors are not expected to be able to deal with every issue that arises.

For students - Trinity has a comprehensive professional support network for everything from careers guidance and academic skills to physical and mental health support. The Careers Service can assist with career related issues. Access other supports through [Trinity support services](#) for other issues your mentor cannot assist with.

What if I disagree with the advice of my mentor?

You do not have to agree with everything your mentor says, and you do not have to take their advice.

For students - If you want more guidance, need to check something or have an issue that you would prefer not to raise with your mentor, why not book an appointment with [your Careers Consultant through MyCareer?](#)

What if I don't get along with my mentor?

- Mentoring is like any other kind of interpersonal relationship – sometimes it simply does not work. In that case, it is in the best interests of both you and your mentor for you to end the relationship. Make sure you do this tactfully and thank them for the time they have already given you.
- Once the relationship has ended, you are free to contact a different mentor. Please do not give up just because one mentoring relationship did not work.

What is the Mentoring Certificate of Completion?

Students who complete, sign and submit the [‘Tracking My Mentoring Journey’](#) document to the Careers Service by a specified date in March will receive a Mentoring Certificate of Completion. This document sets out a framework for tracking the mentoring relationship between you and your alumni mentor with the purpose of clarifying your goals, assisting with reflection and optimising learning. As part of this process mentors need to discuss the document with you and co-sign it.

How can the College support me?

For students - For any further advice, submit a query or book an appointment with [your Careers Consultant through MyCareer](#), for all other support see [Trinity Support Services](#).

For alumni – You can avail of the Careers Service, see [Policy on Services to Graduates](#) for more information. Please also contact the [Trinity Development and Alumni](#) for further information.