



Alumni-to-Student Mentoring

“How To” Guide for Mentees

**Want to boost your career prospects? Unsure what to do after College?
Alumni-to-Student Mentoring is just what you are looking for!**

What is mentoring?

It is an opportunity to develop personally and professionally through establishing a supportive mentoring relationship with a Trinity graduate. Students benefit enormously from the exchange of ideas with graduates who can share their wealth of experience. Students take responsibility to contact potential mentors. Mentoring can be anything from a few brief emails to a longer-term mentoring relationship.

What types of topics can be covered? Examples

- Exploring job roles and sectors
- Deciding what to do after College
- Practising job interviews, professional communication and networking
- Finding jobs not advertised
- CV/LinkedIn profile reviews

Who is mentoring for?

Undergraduate final year and penultimate year students of all disciplines.

**Need help with your CV or LinkedIn Profile? Want to find out more about a job or industry?
Alumni-to-Student Mentoring is just what you are looking for!**

At a mentoring event

- Meet a potential mentor in the Dining Hall, Front Square.
- Introduce yourself to mentors let them know what year you are in, what you are studying and what country you are from, any career areas of interest. Mentors like to know a little about you.
- If you are feeling shy, ask one of the facilitators for an introduction to a mentor.
- Ask potential mentors if they are willing to share their contact details so you can follow up after.
- Remember this event is an opportunity to “Meet a Mentor” and speak with many graduates. The process of mentoring and in-depth conversations happen AFTER the event. Use the event to meet many graduates.

After a mentoring event

- Connect with your mentor by email, phone, Skype or face-to-face.
- Tell your mentor what you hope to get from the relationship.
- Set some SMART objectives together with your mentor.

For more information on mentoring and how to create a relationship and make the most of it read the [Mentee Guidelines](#).

Mentoring Drop-In

The Careers Advisory Service is here to help

Have you questions on mentoring? How to make the most of the event? How to create a mentoring relationship? Meet with your Careers Consultant for a ‘Next Step Appointment’ before or after the mentoring event.

‘Next Step Appointment’ dates and times at **MyCareer** — mycareerconnect.tcd.ie