

CAREER DECISION-MAKING

Step 4: Site Visits & Mentoring

You want at least one person to disagree with your career choice so you know you are doing your own thinking.

Howard Figler

STUDENT-ALUMNI MENTORING PROGRAM

The Office of Career Services and Cooperative Education and the Office of Alumni and Parent Relations facilitate the connection of sophomore, junior and senior students with alumni and friends of the University who want to provide support, advice and mentor students who are interested in learning more about their career field. As mentors, alumni and friends of the University are valuable resources for students. After all, students have the opportunity to speak with professionals who were once in their shoes. Alumni mentors provide career guidance, networking opportunities and advice regarding coursework and projects. Students from every major may apply to participate in this program.

Student Benefits of the Student-Alumni Mentoring Program

- Gain insight into a particular career field and learn more about a specific company
- Establish relationships that facilitate better career decision-making
- Learn about alternate career paths relating to your major
- Develop a network of professionals in your career field
- Become more focused and prepared for the school-to-work transition

Roles and Responsibilities of Mentor and Mentee

Your Mentor will expect that you will...

- Correspond with him or her on a consistent basis; remain professional and courteous at all times
- Be understanding if the mentor is be unavailable during especially busy times of the year
- Maintain professional confidentiality about the internal operations of a mentor's organization (ie: attending an internal department meeting to observe policy-making in action)

You can expect you mentor to...

- Assist you with learning about career options and coach you on the skills and attitudes necessary to improve potential for success in your career field
- Encourage and facilitate your networking opportunities with other professionals
- Educate you on the daily work involved in their careers and the different options available in the field
- Review your resume and provide constructive feedback

How and when may I apply?

The Student-Alumni Mentoring program begins in September and will continue into the Spring Semester. If you are interested in learning more about this program, please contact Career Services and Cooperative Education at 488-1083 or career@evansville.edu.

Externships and Job Shadow Opportunities

An externship/job shadow opportunity allows you to "shadow" a professional throughout a typical workday. You may attend meetings, sit in on projects being discussed, and/or meet with other members of the organization. You may also have an opportunity to have your questions answered by someone with experience in a field you are considering as a possible career.

While UE does not have an official externship/job shadow program, we encourage students to develop a list of potential individuals (friends, family, faculty, acquaintances) they could contact to explore potential externship and job shadow opportunities. Also, you may talk with Career Services if you are having difficulty locating someone in your field of interest; we may be able to help you contact an alumnus or alumna who would be willing to meet with you for a day.

ARE YOU READY FOR A MENTOR?

Developing support systems is a key to on-the-job success, and mentors can be valuable supporters who foster your professional and personal development. These individuals can keep you “in the loop,” prevent or lessen feelings of isolation, and give you a real sense that you “belong.” However, mentors aren’t for everyone. The relationship between mentor and “mentee” (that’s you) is a two-way street; you should clearly understand that it’s a relationship that requires a commitment on your part as well as on the part of the mentor. Ask yourself, “How good a mentee will I make?” The following can help you evaluate your potential as a mentee.

Rate your mentee potential by highlighting the number that corresponds to how much you agree or disagree with each statement. Total up your score, and read the key to determine how ready you are to commit to a mentor-mentee relationship.

	Very Certain	Fairly Certain	Uncertain	Absolutely Not
1. I know the kind of career mentoring I want.	3	2	1	0
2. I'm willing to accept a mentor's help, if it's appropriate.	3	2	1	0
3. I'm a good listener. I hear what the other person is really saying.	3	2	1	0
4. I'm a good follower.	3	2	1	0
5. I can be counted on to carry out commitments.	3	2	1	0
6. I'd be willing to let a mentor take much of the credit for our accomplishments at first as I do more of the background or routine work.	3	2	1	0
7. I learn most new things quickly.	3	2	1	0
8. I'd be willing to speak up (diplomatically) if I disagreed with a mentor. I'm not a "yes" person.	3	2	1	0
9. I'm good at thanking and otherwise showing appreciation to people who help me.	3	2	1	0
10. I feel that my "career potential" is high; I'd be a good risk as a mentee.	3	2	1	0

Name:

MY SCORE:

HOW to SCORE:

21-30: Based on your self-evaluation, you should be an excellent mentee candidate. You might even have several would-be mentors waiting.

11-20: You're probably good mentee material, but could use a little more time to think through your abilities and career needs and what you're willing to do to meet those needs. By making a commitment, carefully evaluating what you need and want, and brushing up on your skills, you should have no problem acquiring good mentors.

10 and below: You should seriously question whether the mentor relationship is for you. Perhaps you're resisting help from others. If so, think about your reasons.