



Career Insights and Connections

## Mentor FAQs

### What does it mean to be a mentor?

The eMentoring scheme is run via an online platform which offers our students and recent graduates a chance to be mentored by more experienced graduates and professionals. Being a mentor is an opportunity to help someone by sharing your experiences and expertise. The specific shape of the relationship is up to you and can range from messaging each other via the platform, taking a phone call or inviting them to see where you work. It is a rewarding experience that can help raise aspirations and result in personal growth for the mentor as well as the mentee.

### What level of commitment is there?

You decide exactly how much you feel comfortable offering through this service. When volunteering as a mentor you choose from a list of mentor 'services' that range from taking a few questions via email through to offering work shadowing/experience opportunities. You stay in control, being able to modify your offered services at any time.

***NB We do not match mentees with mentors, it is up to the students who register to decide which mentors to contact.***

### How do I become a mentor?

To become a mentor you register with eMentoring at the links below and then switch on your mentor profile for mentees to see your profile. You can do this by clicking on the 'Activate Mentor Profile' button at the top of your Mentor profile page, found by clicking on the 'Mentor' option at the top of your Personal Profile. You will be taken through a quick mentor set up process after which you will be searchable as a mentor on the platform. You can also link your LinkedIn account to your mentor profile which makes the whole process quick and easy.

### How can I help students/early career graduates as a mentor?

Research shows that graduates from ***a routine and manual background, those from minority ethnic groups, those who do not have a parent with a degree and female***

**students** are less likely to gain graduate level work and are less positive about their long-term career prospects. If you feel you could be a role model to students from these backgrounds then please make that clear on your profile. Being mentored offers students a chance to gain insight and access to careers they may have felt were beyond their reach, ideally the mentoring experience will encourage them to raise and focus their aspirations.

### **How many students/graduates should I mentor?**

A mentor can decide how many mentees that they wish to accept. For those who are new to mentoring, it may be appropriate to engage with just one or two to begin with, monitor progress with them, and take on others as and when you feel comfortable to do so.

### **Do I have to accept someone's mentor request?**

The platform affords the mentor the opportunity to accept or decline a mentee, dependent upon the information given by the mentee. If insufficient information is given initially, you may request more before making a decision.

### **Should I include an invitation to my place of work or for workplace experience?**

This is entirely up to you and you can decide to offer a work experience invitation to someone whom you were initially mentoring via email or over the phone. There are no hard and fast rules as to how the relationship should progress and each mentorship will vary.

For further information on the eMentoring scheme contact [careers@aber.ac.uk](mailto:careers@aber.ac.uk)

If you feel ready to sign-up to be a mentor then please go to [www.aber.aluminate.net/](http://www.aber.aluminate.net/)