

Futures Mentor role

The Futures Mentoring programme is designed to help students connect with alumni, member of staff or business partners who they can relate to based on either their professional experience, industry knowledge, personal journey or career path. The foundation of this mentoring relationship is to create a safe and friendly environment for the mentee to build their knowledge, add to their skill set, and explore their future aspirations and goals from a professional perspective.

What is Mentoring?

Mentoring is a supportive relationship, whereby a more experienced person (the mentor) in a particular area, activity or task, facilitates and supports another person (the mentee). Mentoring can motivate, support and help individuals to build confidence and develop critical thinking; this can be particularly valuable during times of change and in identifying individual's future professional goals.

Our aim is to support students to grow in confidence, broaden their horizons and experiences, have a safe space in which to reflect, review and identify future goals, gain new insights and perspectives, raise their aspirations and overall have a better understanding of life post-university and their future path.

There are no strict guidelines around who can apply to be a mentor, the key feature is the importance of the relationship itself, including the personal qualities and experience that the mentor brings and is willing to share.

What does the Futures Mentoring programme look like?

Our Mentees are students who are signed up to our **GradForce** students, who are in their final year of study and on our *GetHired!* employability programme, which helps to maximise their employability potential and to develop confidence. The mentoring programme is designed to run over 6 months, with a least one conversation (either in person, or virtually) a month, however this is flexible and to be determined by the mentors/mentees themselves.

We aim to match mentors and mentees based on personal specification, requirements and experience. We will provide training, guiding you both through the process, be on hand to answer any questions and signpost you to additional supportive resources provided by the University.

Qualities and skills of a good mentor:

- empathic
- actively listens
- offers encouragement
- provide guidance and constructive feedback with sensitivity
- demonstrates a positive attitude and acts as a positive role model
- willingness to share their own experience, knowledge and expertise
- values ongoing learning
- supports individuals to stay on track and reach their goals

- reflective
- approachable, reliable and committed
- non-judgmental and neutral
- respects and understands the importance of confidentiality

Mentoring Benefits

Mentoring has been shown to be a mutually beneficial relationship, with benefits including a chance for self-reflection, personal growth, knowledge exchange, development of new ideas and skills, extending networks and improved communication skills.

For more information please contact the Alumni Relations team on alumni@canterbury.ac.uk