MENTORING: THE LOGISTICS

WHAT IS MENTORING?
Mentorship is a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. The mentor may be older or younger than the person being mentored, but she or he must have a certain area of expertise.

BENEFITS OF HAVING A MENTOR
- Personal and professional development
- Networking skills
- Conduct first hand career exploration
- Develop a professional network
- Increase your confidence
- Learn from the experiences of others
- Enhance communication and interpersonal skills
- Get practical advice, encourage and support
- Become empowered to make your own decisions
- Learn about real-world experience

FORMAL VS. INFORMAL MENTORING

<table>
<thead>
<tr>
<th>Formal</th>
<th>Informal</th>
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<tbody>
<tr>
<td>Established goals</td>
<td>Unspecified goals</td>
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<tr>
<td>Multiple interactions</td>
<td>Single or multiple interactions</td>
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<tr>
<td>Mentoring lasts for a defined period of time</td>
<td>Undefined timelines</td>
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<tr>
<td>Matching process of mentors and mentees</td>
<td>Self-selection of mentors and mentees</td>
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MENTORING PROGRAMS

What mentoring programs are offered by the Student Success Centre at McMaster?
- MentorMatch - First Year International Student Mentoring Program
- Yonkwahahiyo - Wallingford Women in Leadership
- EVisor - Innovation & Society: Engineering Residence Mentoring Program
- Virtual Mentoring

You can find more information about these and other programs offered at McMaster visit: [https://studentsuccess.mcmaster.ca/professional-development/mentorship/#mentorshipOP](https://studentsuccess.mcmaster.ca/professional-development/mentorship/#mentorshipOP)

What other programs does the Student Success Centre offer where you connect with a mentor?
- Career Field Externships
- Job Shadowing
- Skills & Experience eDevelopment (SEED) Program

@MacSSC, #MacTalksCareers
Student Success Centre | GH 110 | studentsuccess@mcmaster.ca
Reviewed 2016.
• Canadian Experience Program
• Personalized mentor sourcing

What other mentoring programs are available for McMaster students?
• Mentorship Program for New International Students: [https://iss.mcmaster.ca/our-services/events-and-programs/mentorship-program.html](https://iss.mcmaster.ca/our-services/events-and-programs/mentorship-program.html)
• Aboriginal Mentorship Program (AMP): [http://fhs.mcmaster.ca/ashs/aboriginal_mentorship_program.html](http://fhs.mcmaster.ca/ashs/aboriginal_mentorship_program.html)
• Anthropology Skills and Knowledge Mentorship Program (ASK): [https://www.anthropology.mcmaster.ca/anthropology-mentors](https://www.anthropology.mcmaster.ca/anthropology-mentors)
• DeGroote Mentor Program (DMP): [http://cpd.degroote.mcmaster.ca/mentor-program/](http://cpd.degroote.mcmaster.ca/mentor-program/)
• Psychology, Neuroscience & Behaviour (PNB) Mentoring Program
• Altitude Mentoring: [http://altitudementoring.ca/](http://altitudementoring.ca/)

What kind of mentorship programs are available off-campus?
• The Mentoring Partnership
• Futurpreneur Canada
• MIGHTY Entrepreneurship
• Hamilton Economic Development Youth Program
• Life Sciences Ontario Mentorship
• Ontario Society of Professional Engineers- Women’s mentorship Program
• UNICEF Junior Professional Officer Programme

How do I enroll in a mentorship program at McMaster?
To know more about a mentoring program, talk to someone about the benefits of it or enroll in a mentoring program – you would need to book a mentorship appointment with the Student Success Centre.

To do so, log into your OSCARplus account and select Student Success Centre Appointments > Appointments > Career and Employment Appt. Select ‘Book by Appointment Type’ and then scroll down to find ‘Mentorship’, select ‘Click here to see Appointment Availability.’ Choose the time that fits your schedule and then fill out the appointment details, confirming the booking by selecting ‘Book Appointment.’

You will receive a confirmation email after you have booked an appointment.

For more information, you can call the Student Success Centre at 905-525-9140 x24254 or drop by at the office to book an appointment in person at GH 110.