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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

Formal

Established goals
Multiple interactions
Mentoring lasts for a defined period of time
Matching process of mentors and mentees

Informal

Unspecified goals
Single or multiple interactions
Undefined timelines
Self-selection of mentors and mentees

MENTORING PROGRAMS

What mentoring programs are offered by the Student Success Centre at McMaster?

- MentorMatch - First Year International Student Mentoring Program
- Yonkwahahiyos - 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>

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

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- 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>
- Aboriginal Mentorship Program (AMP): http://fhs.mcmaster.ca/ashs/aboriginal_mentorship_program.html
- Anthropology Skills and Knowledge Mentorship Program (ASK): <https://www.anthropology.mcmaster.ca/anthropology-mentors>
- DeGroot Mentor Program (DMP): <http://cpd.degroote.mcmaster.ca/mentor-program/>
- McMaster WISE (Women in Science) Initiative Mentoring Program: <http://www.science.mcmaster.ca/wise/mentor.html>
- Psychology, Neuroscience & Behaviour (PNB) Mentoring Program
- Altitude Mentoring: <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**.