Career Mentoring Programme
Information Session 17-18
September 2017
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What is Mentoring?

"A helping relationship based on an exchange of knowledge, experience and goodwill. Mentors help someone less experienced gain confidence, clearer purpose, insight and wisdom."
Role of a Career Mentor

- **EXPERT**
  - A source of technical/professional knowledge

- **SOUNDING BOARD**
  - Testing ideas and suggestions

- **CRITICAL FRIEND**
  - Supporting, giving constructive feedback

- **GUIDE**
  - Showing how the industries and systems work

- **ADVISER**
  - Giving advice, which the mentee decides how best to use

- **FACILITATOR**
  - Helping to make things happen, highlighting opportunities, access to key people

- **MOTIVATOR**
  - Encouraging and motivating to achieve goals

- **GOAL SETTER**
  - Help set and focus on goals

- **CHALLENGER**
  - Challenging assumptions, encouraging different ways of thinking
Background

In 2011, The University of Aberdeen's Alumni Relations Office and Careers Service established the Career Mentoring Programme.

The Programme's aim is to link current students with graduates (including former Aberdeen students) who are willing to share their professional experience and expertise and to help you develop your career ideas.
Facts and Figures

Launch and Pilot
9 Matches (in total)

Extended Pilot
64 Matches (in total)

Law Stream Launch
83 Matches (in total)

Engineering Stream Launch
173 Matches (in total)

Biosciences Stream Launch
185 Matches (in total)

4 Streams
202 Matches (in total)

March 2011

2011 - 2012

2012 - 2013

2013 - 2014

2014 - 2015

2015 - 2016

2016 - 2017

New January start Engineering and April start Medicine streams

296 Matches (in total)

www.abdn.ac.uk/careers
What are the Benefits?

- Learn about a particular profession or employment area
- Talk to a professional in their workplace
- Gain an 'insider's guide' to job hunting and the application process
- Identify your professional development needs
- Increase your knowledge and confidence
- Add to your Enhanced Transcript

www.abdn.ac.uk/careers
The Enhanced Transcript

The Enhanced transcript records your courses and grades as well as co-curricular activities.
If you are looking for a work placement or graduate role and think that taking part in the Career Mentoring Programme will automatically get you one. 

Neither are guaranteed as part of the Programme.
The Streams

- There are five streams for the Career Mentoring Programme:
  - General (for students of all degree subjects)
  - Law (specifically for law students)
  - Engineering (specifically for engineering students)
  - Biosciences Research (for students of these subjects who wish to pursue postgraduate study and a potential career within academia/research)
  - Medicine (specifically for medicine students) – starts in January.

www.abdn.ac.uk/careers
Who is eligible?

- Open to all undergraduates and taught postgraduates
- 6-month session (November - April)
- Must be a registered student for the whole length of the session
- Distance learning students are eligible but no departing Erasmus students.
Application Process

- Apply via an online application form and attaching a CV
- Deadline is **Friday 22nd September 2017 at 5pm**
- Matched with a mentor based on all the information received
- Competitive – not all students may be matched
- You will be informed by email during w/b Monday 9th October 2017
If Matched, What Activities Can Take Place?

- CV and Covering Letter Advice
- Mock interviews
- Trip to meet mentors and other contacts
- Building professional networks
- Attending conferences
- Shadowing teachers in classroom
- Sitting in on meetings
If Matched, What Do We Expect From You?

- Prepare fully for involvement throughout the 6-month session
- Take the lead in arranging, keeping track of and recording any actions from your meetings
- Commit to interactions via face-to-face, phone, email or virtually, e.g. Skype
- Attend an introductory and mid-session workshop
- Provide feedback at appropriate times
## Mentor Profiles

<table>
<thead>
<tr>
<th>Came here…</th>
<th>Now…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accountancy &amp; Finance</td>
<td>Global Head of Resourcing, BP</td>
</tr>
<tr>
<td>Psychology</td>
<td>Communications Manager, Scottish Government</td>
</tr>
<tr>
<td>Geography &amp; IR</td>
<td>Senior Parliamentary Assistant, House of Commons</td>
</tr>
<tr>
<td>Economics &amp; Politics</td>
<td>VP Corporate Banking &amp; Securities, Deutsche Bank</td>
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<tr>
<td>Geoscience</td>
<td>Technical Services Rep, Halliburton</td>
</tr>
<tr>
<td>History of Art</td>
<td>Wine Department Office Manager, Sotheby's</td>
</tr>
<tr>
<td>French &amp; Russian</td>
<td>Director of International Programmes, EMMS International</td>
</tr>
</tbody>
</table>

[www.abdn.ac.uk/careers](http://www.abdn.ac.uk/careers)
The Application Process

- www.abdn.ac.uk/careers/curriculum/mentoring
- ‘2017/18 session’ tab
- Link will be in the table.

www.abdn.ac.uk/careers
How to Apply?

- Applications open today!
- Online application process - form & CV
- [www.abdn.ac.uk/careers/co-curriculum/mentoring](http://www.abdn.ac.uk/careers/co-curriculum/mentoring)
- Deadline: **Friday 22\textsuperscript{nd} September 2017** at 5pm

[www.abdn.ac.uk/careers](http://www.abdn.ac.uk/careers)
Application Conditions

- You can only apply to one Stream
- Use your University login and password
- There is no auto-save on the form – have everything ready before you begin, including your CV
- CVs should be saved in the format – last name, first name
- Once you press submit you will receive a confirmation screen and an email
- You will be informed w/b 9\textsuperscript{th} October 2017
Career Mentoring General

Thank you for submitting the form. The data we received is as follows:

### Personal Details

<table>
<thead>
<tr>
<th>Field</th>
<th>Value</th>
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<tbody>
<tr>
<td>Forename</td>
<td>Wendy</td>
</tr>
<tr>
<td>Surname</td>
<td>Rudland</td>
</tr>
<tr>
<td>Year of Study</td>
<td>1st</td>
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<tr>
<td>School</td>
<td>School of Biological Sciences</td>
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<tr>
<td>Degree Programme</td>
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<tr>
<td>Term-time Address</td>
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</tr>
<tr>
<td>Mobile Number</td>
<td>01224273601</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:mentor@abdn.ac.uk">mentor@abdn.ac.uk</a></td>
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### Your Choices

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<td>Preference 10</td>
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Dear Wendy,

Thank you for your submission. The deadline for appointments will begin. You will be informed of the date.

Career Mentoring,
The University of Aberdeen

[www.abdn.ac.uk/careers](http://www.abdn.ac.uk/careers)
CV Help

- CV workshop: Wednesday 20\textsuperscript{th} September, 12-12.45 (limited spaces)

or

- Book a duty appointment at the Careers Service.

Book online via CareerConnect - [www.abdn.ac.uk/careers](http://www.abdn.ac.uk/careers)
Any Questions?
Email: mentor@abdn.ac.uk