



QUEEN'S
UNIVERSITY
BELFAST

FACULTY OF
ARTS, HUMANITIES
AND SOCIAL
SCIENCES

STUDENT MENTORING PROGRAMME

#MADEatAHSS
#LOVEQUB





Welcome

The AHSS student mentoring programme was launched in January 2020 and aims to help enhance students' understanding of the world of work; themselves and their potential work environments. As a result, students will be empowered to enter and succeed in graduate job markets, the world of work and their personal development.

The programme supports a large number of AHSS students every year with feedback recognising the amazing opportunity afforded by mentoring, with one student saying: 'it will open your eyes to so many possibilities that you wouldn't have thought of.'

Mentoring is a great opportunity for students to gain real insight as to what career options are open to them and it is a rewarding experience for alumni to help someone progress and achieve their full potential in their future career. The purpose of this programme is to help current AHSS Students engage with experienced alumni. We want to provide students with a supported framework to think about the career options open to them and help them understand the skills they have as well as the skills they need to develop.


This mentoring program has been one of the most beneficial aspects of this past year and I am very grateful to have been matched

2022 Student Mentee


What is Mentoring

Mentoring is a powerful personal development and empowerment tool. It can help the mentee gain a better understanding of what they want to do as a career.

It should be driven primarily by you, the mentee, with the mentor supporting and enabling you to take responsibility for your own development. In this way the mentor acts as a guide, supporter, sounding board and, sometimes, as a role model.



Mentoring involves listening with empathy, sharing experience (usually mutually), professional friendship, developing insight through reflection, being a sounding board, and encouraging



David Clutterbuck


How it Works

We will establish and manage a bank of experienced mentors who will be made available to those seeking help in the following areas:

- Enhancing practical skills and getting advice on career advancement
- Identifying and applying for opportunities that will aid skills development
- Building networks
- Increase career confidence

Students wishing to have support from the mentoring bank will apply and once approved will be allocated a suitable mentor.

Each mentee will be eligible to:

- 5 sessions with a mentor
 - Attend 2 training seminars
 - Receive monthly newsletters
 - Attend networking events
- 



Benefits of becoming a mentee

- Increased confidence and performance
- The opportunity to learn from a role model
- A broader perspective
- Explore possible solutions
- Help in clarifying and setting development goals
- Expanded network
- A safe environment to test out ideas and suggestions

What are the expectations of a mentee?

- Commit to the programme and engaging with their mentor
- Liaise and arrange meetings with their mentor
- Be open and honest around goals, expectations, challenges and concerns
- Respect the confidential and trusting environment
- Seek advice, opinion, feedback, and direction from their mentor
- Be open to constructive criticism/feedback and ask for it
- Come to meetings prepared with a clear idea of what topics or issues they want to address
- Respect the mentor's time and resources
- Apply what is learnt from your meetings back on the job

What topics will we discuss

This is very much about personal development opposed to academic guidance and potential topics that previous students have asked for support with include:

- Career development
- Presentations/Public speaking
- Business Start-up
- Building Networks
- Recruitment & Training
- Increasing Career/Business confidence
- Resilience
- Problem Solving
- Organisation & Planning
- Profile & Visibility
- Interviews/Pitches

The number one reason for students seeking a mentor is to get 1 – 1 support and guidance on career progression, to learn from someone – who may or may not have chosen a similar profession – and to benefit from their experiences

Aileen Carson, Programme Lead



How do I become a mentee

This programme is available to current QUB students studying within the Faculty of Arts, Humanities and Social Sciences. We are looking for students who would like help with career progression and 1 – 1 support in achieving their full potential from an experienced alumni mentor.

- Application necessary, competitive process
- Terms and conditions apply

You can apply by visiting [Student - Alumni Mentoring Programme | About | Queen's University Belfast \(qub.ac.uk\)](#) or contact ahssdevoffice@qub.ac.uk.

Programme Structure

- Apply to become a mentee (September)
- Receive notification on outcome of application
- Successful applicants will be invited to attend a mandatory mentee induction session (you will have the opportunity to attend in person or online)
- Receive Mentoring Toolkit, code of conduct and acceptance form to review and help prepare for meeting your mentee
- Receive 'It's a Match' details, introducing you to your mentor
- Mentoring relationship begins in November and ends in April
- Receive monthly newsletters which includes updates, mentoring resources, invites to events, evaluations

I joined the programme as I wasn't sure where to take my very versatile degree in English, but meeting with my mentor, who exposed me to various career paths that I didn't know applied to me, and inspired me to go down the business route properly

2022 Student Mentee

Frequently Asked Questions

1. How was my mentee/mentor matched to me?

Mentees and mentors are matched based on the information provided in their application forms.

2. How much of my time will this take?

This very much depends on each pairing. It is entirely both parties' choice as to how frequently you meet and for how often. We recommended that this is discussed, and some guidelines are set out at the first meeting. However, we have allocated each mentee 5 mentoring sessions.

3. When does the programme start and end?

The mentoring sessions will begin in November and finish at the end of April.

4. What happens if we don't get on?

There is a chance that some of the suggested matches will not work in practice, and this will probably be apparent quite quickly. It is worth bearing in mind that a mentoring relationship is designed to challenge you and make you think differently about yourself and your approach to things. As a result, there could well be points during your meetings where you feel moved outside your comfort zone. In retrospect, this could well be when you gain the most from the scheme. However, if there is a more permanent and fundamental 'mis-match' please let us know.

5. How confidential is this?

What you discuss with your mentor/mentee is strictly confidential between the two of you, and you must maintain this confidentiality even after your relationship has ended. You will never be asked for details of what you discuss at your meetings.

6. I've lost touch with my mentee/ mentor, what do I do?

These things happen, don't worry just reach out and you can pick up from where you left off. Please contact ahssdevevoffice@qub.ac.uk if you do not hear back from your mentee/mentor.

7. Will there be an evaluation of the programme.

Yes we will ask you to complete an evaluation at the end of the programme.