



QUEEN'S  
UNIVERSITY  
BELFAST

FACULTY OF  
ARTS, HUMANITIES  
AND SOCIAL  
SCIENCES

# STUDENT MENTORING PROGRAMME

**#MADEatAHSS**  
**#LOVEQUB**





## Welcome

Launched in January 2020, the AHSS Student Mentoring Programme aims to broaden students' understanding of the world of work, their own strengths, and potential career paths. Through tailored support, students are empowered to grow personally and professionally, entering the graduate job market with confidence and the skills to succeed.

Each year, the programme supports a large number of AHSS students, with feedback highlighting the incredible opportunities mentoring provides. One student reflected: "It will open your eyes to so many possibilities that you wouldn't have thought of."

Mentoring offers students a unique chance to gain real insight into career paths and professional environments. For mentors, it is a fulfilling opportunity to guide and inspire someone as they work toward reaching their full potential.

The programme connects AHSS students with alumni and industry professionals through a structured framework for meaningful mentoring.

Join us as a mentor and make a real difference, help students explore career options, build confidence, and develop the skills they need to thrive, while enjoying the rewarding experience of shaping the next generation of professionals

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 the mentee, with the mentor supporting and enabling them to take responsibility for their own development. In this 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
  - Attend networking events
- 



## **Benefits of becoming a mentor**

- Mentoring contributes to your personal and professional development
- Enhance your communication and facilitation skills
- Enhance your CV by providing evidence of your abilities in supporting and managing people
- A sense of personal satisfaction in helping develop the potential of others
- An opportunity to share experience and expertise

## **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

## How do I become a mentor


We are looking for AHSS Alumni or Industry Supporters who would like to use their experiences and knowledge to help someone else progress and achieve their full potential. If you would like to join the mentoring bank you should be able to evidence at least two years' experience in offering mentoring support.

Examples of such mentoring experience might include but are not restricted to:

- Mentoring colleagues in a work capacity
- Mentoring in an educational context
- Mentoring in a career support scheme


## Programme Structure

- Apply to become a mentors (September)
- Receive confirmation that you have been approved and added to the mentoring bank
- Attend Mentor induction training
- Receive Mentor Toolkit and code of conduct to review and help prepare for meeting your mentee
- Receive It's a Match details, introducing you to your mentee
- Mentoring Relationships begins in November and ends in April



“The Mentoring Scheme is a great opportunity for alumni to help and support students in the progression from study to starting a career. “Mentoring was a good experience, “It was great to give something back to the University and to help those who are now in the same position that I was once in, preparing to choose the right career path

Alumni Mentor, 2020 - 2024





## 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](mailto: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.