

TIME COMMITMENT

The [ProfessioNole Mentors Program](#) does not require a specific time commitment for participation. Instead, we encourage you to engage in mentoring conversations as they fit your schedule! The ProfessioNole Mentors Program provides you with opportunities to engage in 1:1 self-guided conversations with your selected ProfessioNole Mentor. Once you have established guidelines and expectations with your selected and requested ProfessioNole Mentor, you can choose to engage in a single impactful conversation, chat over the course of one semester or even discover a mentoring connection that could last throughout your time at FSU and beyond!



SEARCHING & REQUESTING PROFESSIONOLE MENTOR(S)

When you first log-in, the ProfessioNole Mentors Program will suggest potential mentors for your considerations based on your major, desired geographical location after graduation, as well as the career fields you indicated an interest in.

You can also search for ProfessioNole Mentors based off dimensions that may be important to you such as similar collegiate experiences, identity groups, professional development topics, etc.

- When searching, make the dimensions you hope to have in common with a ProfessioNole Mentor required.
- All as many search dimensions as you want and the system will suggest new mentoring connections each time you log-in!
- Bookmark ProfessioNole Mentor profiles to revisit later.

You can also share ProfessioNole Mentor profiles with your friends by suggesting ProfessioNole Mentors through the system.

YOU'VE FOUND A MENTOR, NOW WHAT?

Once you have found a ProfessioNole Mentor you would like to connect with, send an introductory message requesting their mentorship. Below is a sample template to help guide your first conversation.

- Introductions: Get to know one another
 1. Provide some introductory and framing information (major, career field interest, what you're hoping to learn, etc.)
 2. What is your story? Share key developmental experiences you have had while at FSU.
 3. Utilize the [Guide for Job Shadowing and Information Interviews](#) for additional pointers.
- Discuss your expectations for your mentorship connection
 1. What advice do you hope to gain from this mentor? Be specific!
 2. What does mentorship look like for you? How often are you interested in communicating with your ProfessioNole Mentor?
 3. What does mentorship look like for your ProfessioNole Mentor? How often can they commit to communicating with you?





YOU'VE FOUND A MENTOR, NOW WHAT? (CONT)

- Outline goals with your ProfessioNole Mentor
 1. Outline what topics you are truly interested in discussing. Examples include: professional development opportunities, technical/program skills you would need to succeed in a field, suggestions to maximize undergraduate/graduate school, tips for relocating to a new city (or country!) after graduation, strategies for networking when job/internship searching, how to figure out a company's culture, etc.
- Schedule your next meeting
 1. Regularly message and follow-up with your ProfessioNole Mentor to make sure you are maximizing the mentoring experience.
 2. Get excited - You and your ProfessioNole Mentor are off to a great start!

MENTEE KEYS TO SUCCESS

- Maintain Professional Communication: Be appropriate and professional in your communications with your ProfessioNole Mentor. These conversations can help you build your professional brand.
- Take Initiative: Remember the platform is based on student-initiated communications, so it is up to you to reach out to ProfessioNole Mentors. Don't be hesitant in reaching out to potential Mentors, they are eager and willing to help!
 1. ProfessioNole Mentors cannot see/view Student Mentee profiles until they are sent a mentorship connection request.
- Follow Up: Ensure you are following up with your ProfessioNole Mentor in a timely manner. The quality and depth that Mentees leave a mentoring connection with is directly based on the effort they put into the mentoring connection, so set reminders to check in and follow up.
- Keep Notes: Track your conversations and set shared goals to help you shape other conversations.
 1. You can also decide to utilize the tasks and goals functionality to provide structure to your conversations and refresh your memory each time you log-in.
- Build your Professional Network: Connect with your ProfessioNole Mentor on other platforms such as LinkedIn. Utilize your ProfessioNole Mentor's network to build your own and stay in touch to continue building your professional relationship.
- Express Appreciation: Always follow up after a conversation with your ProfessioNole Mentor to express appreciation for their time and guidance, restate agreed upon tasks you both will complete and restate your next scheduled meeting time!

Discussion Topic Ideas:

- Your ProfessioNole Mentor's Professional Background – How has their career progressed? Do they work in the industry/field/employer they thought they would when they were a college student? What factors influenced their career journey?
- What is their work environment like? Does the work environment match your preset idea of the company culture when you were interviewing? What are some strategies for aligning your personality with a potential work environment?
- How does work/life balance change throughout your career?
- What is the industry they work in actually like? What are common factors across employers within this industry? What do you wish you would have known before starting in this industry? How has this industry changed during the span of your career?
- Maximizing your College Experience – What do they wish they would have done to prepare for post-graduation life during college? When your company looks for entry-level hires how important are internships, part-time jobs, leadership roles, etc.?
- Preparing for your career - What do you wish college students would know about interviewing? What is one thing I can do now to figure out my next step after college?

ADDITIONAL MENTEE RESOURCES

[Guide to Job Shadowing and Information Interviews](#)

[Making the Most of Experiential Learning Opportunities](#)

[Guide to Using Proper Etiquette](#)

[Guide to Resume Writing](#)

[Guide to Writing Effective Letters](#)

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