

# MET Mentorship Program

## MET Mentors

Research shows mentors have much to gain from a mentoring relationship. Mentors are often motivated by a perceived need they note in a student or want to provide someone the same positive experience they received as a mentee. The opportunity to share expertise and the ability to identify and develop new talent can enhance your own career.

## Mentor Rewards

- ◆ Achieve personal satisfaction for helping someone develop their professional skills
- ◆ Share your knowledge about best practices with someone who will benefit from your experience
- ◆ Practice your managerial skills and guide your mentee through a key stage in their personal development
- ◆ Gain insights and different perspectives from future members of your profession
- ◆ Feel energized thanks to your mentee's fresh enthusiasm
- ◆ Observe a young student grow and develop with your help and support



## Mentor Eligibility

Being a mentor is all about guidance and helping your mentee achieve their goals and realize their potential. You'll help them understand problems, identify solutions and implement their plans.

We are looking for mentors who have experience in disciplines that align to our core areas in bioscience, engineering, entrepreneurship, medical and technology. This can be technical experience, management experience or simply life experience.

## Mentor Commitments

We don't "grade" the content of the development that is shared between our mentors and mentees. Our minimum expectation is that mentors and mentees have at least one face-to-face or video conference to start the process. After that, further meetings, emails and phone calls will be set up between the mentor and mentee on a monthly basis. We also encourage mentors and mentees to meet face-to-face at the end of the school year.

## As a MET mentor you may also:

- ◆ Assist the student on a school project
- ◆ Provide career guidance
- ◆ Guest speak to a class
- ◆ Write letters of recommendations for deserving students

## MET Students

The MET Mentoring Program brings together students and mentors in purposeful, mutually rewarding relationships. The program will help you build your network, expand your horizons and explore new opportunities. Your mentor can guide and help nurture your career quest.

## Mentee Rewards

- ◆ Hear an insider's perspective on navigating your career
- ◆ Share your ideas and receive insight from a professional
- ◆ Critical feedback for professional development
- ◆ Gain specific skills and knowledge that are relevant to professional goals
- ◆ Learn from their real-world experiences

## MET Student Commitment Checklist

- ◆ Schedule the initial contact and set up the first face-to-face meeting
- ◆ Exchange contact information with your mentor
- ◆ Establish communication guidelines (frequency & type)
- ◆ Ask for and be receptive to feedback
- ◆ Set dates for possible job shadowing experiences