

**Student Playbook**

**“Mentoring is a brain to pick, an ear to listen, and a push in the right direction” – John Crosby**

* We are so excited that you are taking the next step to grow yourself professionally and personally.
* The first step once you apply to be a part of GU4U is that someone from the GU4U committee will contact you to learn about who you are, where you want to go, and what you might be looking for in a mentor.
* Once that call is completed, the committee will help pair you with a mentor, then it is up to you and your mentor to connect and have as many conversations as you feel are valuable.
* That first conversation, (preferably via phone) could go something like this…

 1. Introduction - Get to know each other better

2. Goal Sheet – Found on the GU4U website, it may be a framework for you to use as you go.

3. Next Contact - Set up the next time to talk and continue to grow your connection.

* After that first conversation, it’s totally up to you for where you take this relationship. We’ve listed some possible conversations below.

|  |
| --- |
| TOP 10 ***Possible conversations with your mentor:**** Career path advice
* Expressing concerns, challenges, and excitements coming to graduation
* Networking and seeking additional contacts
* Job searching, shadowing, and internships
* Interview preparation
* Application help or advice
* Resume questions
* Communicating with professionals (real world exposure)
* Evaluating job opportunities as a new employer
* General college advice to set you up for success
 |

*\*Remember: Your mentor is not responsible for your future. They are a RESOURCE you can use for information, advice and networking. But ultimately you have to be the one to do the work. Of course, they will always be there to encourage you.*