

JUMP Mentee Packet

*“Helping students make the J.U.M.P. from college to career”*

2024

**The Judson University Mentoring Program (JUMP)**

The Judson Mentoring Program is a professional development group led by Judson Alumni and spearheaded by members of the Alumni Career Mentoring committee and the Judson Alumni Board. This program's mission is to provide mentoring and guidance to recent graduates and students, and to connect students to Judson Alumni in a meaningful way. Judson students will have the opportunity to build relationships with Judson Alumni to help grow their faith, relationships, careers, leadership styles and more!

**STUDENT & RECENT GRAD MENTEES**

Current Judson students and recent graduates are encouraged to join the JUMP program to help make connections that will impact their lives and careers!

**COMMITMENT**

At a minimum, mentoring groups will be expected to agree to a **year-long commitment** with meetings in-person or via phone, text & video calling **once per month**.

However, mentors and mentees can also determine when check-ins and meetings work best for them.

*Mentors and Mentees can determine if they would like to continue their monthly meeting during the summer term.*

**JUMP Kickoff – Friday, September 29**

JUMP mentors and mentees are invited to the JUMP Kickoff Events on Friday, September 29 from 1:00 pm to 3:00 pm in the Upper Commons on campus to kick off a brand-new year of the Judson Mentoring Program.

Sweet treats will be provided. Please join us and mingle with other students and alumni mentors!

**Defining Your Role as a Mentee**

Judson University students will be partnered with an alum whose education and career closely match the students to gain direction and potential career goals and connections.

As a mentee, you will:

* **Receive insight and career guidance from Judson alumni**
* **Develop and enhance professional and communication skills**
* **Connect your academics to your career goals**
* **Explore faith in relation to your work**
* **Gain exposure to career options, advice, and job search tips**
* **Build a professional relationship with your Alumni mentor**

Your mentor is a:

* **Resource**
	+ Teaches and advises the mentee on how to make professional contacts and begin the networking process
	+ Introduces the mentee to new people, places, interests, or ideas
* **Motivator**
	+ Expresses belief and confidence in the mentee’s abilities to succeed
	+ Encourages mentees to try new things or think outside the box
* **Coach**
	+ Helps the mentee develop the skills necessary to set/achieve meaningful and realistic goals
	+ Serves as a role model and example to follow
	+ Helps the mentee recognize their own strengths and weaknesses
* **Supporter**
	+ Listens to and responds to the mentee’s topics of need
	+ Encourages mentees to be open and honest throughout the dialogue
	+ Offers support through prayer

**Building the Mentoring Relationship (Mentee)**

For mentoring to be successful, there must be a reciprocal, comfortable relationship between the mentor and mentee. Both parties must work at the relationship to make it successful by being open-minded, respectful, and keeping to the expectations they have set for the relationship. Ideally, the mentoring relationship will be mutually beneficial for both the mentor and mentee.

**Tips for being a good mentee:**

* **Get to know your mentor:** Be sure to get to know your mentor on a personal level. While mentors are excellent career resources, you can learn a lot from their personal stories as well.
* **Set goals with your mentor:** Setting goals with your mentor is critical. It gives direction and clarity to the mentoring relationship. It also increases the likelihood of a successful relationship. Think about what you hope to gain from this experience and what activities you might be interested in doing with your mentor. Remember, goal setting can be a process - priorities can and will change/evolve.
* **Set expectations with your mentor:** Determine how and when you will communicate with each other. Renegotiate as needed. It might be difficult to find the time to talk or meet with your mentor, so schedule your next meeting time at the end of each meeting. Keep the relationship a priority. Even if you cannot meet or talk with your mentor very often, at least try to keep communication consistent (i.e., send an email message every couple of weeks). Be proactive. If your mentor has not responded to you in a while, do not be shy about sending another email message or calling him/her again. He/she simply may have gotten busy or missed your previous message. *If you do not hear after several attempts by email AND phone, please contact us at* *careers@judsonu.edu*
* **Relate to Your Mentor:** You both attended Judson University and shared similar experiences, so you will be able to relate on that level.
* **Show Appreciation:** Remember to communicate your enthusiasm and gratitude for working with your mentor.

**Suggested Mentoring Topics**

You may know as a mentoring pair what you want to do during your time together. However, if you need some additional ideas, the following list is a great place to start.

**Career Conversations**

* Discuss the mentor's educational background and the role of educational preparation in his/her field
* Share information about current events or issues in mentor's field
* Schedule a job shadow visit, if appropriate

**Job-Search Process**

* Ask your mentor to review your resume and/or cover letter – you can always contact the Career Success Center for more guidance if needed
* Ask your mentor to lead you through a mock interview for the role you are hoping to land
* Ask for guidance on where to best look for jobs/internships in his/her field

**Learn about Your Mentor’s Story**

* Ask your mentor how they prepared for their transition from school to career
* Ask your mentor how they have balanced personal life and career and what to expect after graduation
* Ask your mentor to discuss what they would have done differently and what they would have done again at Judson
* Ask your mentor how they have dealt with personal or professional challenges

**Share Your Story**

* Share why you have chosen your field of study
* Share what you hope to do with your degree
* Share what excites you about the future
* Share what you are most unsure of when it comes to your future

**Networking Pursuits**

* Ask your mentor if they know of any contacts, connections, or organizations that would benefit you/your career
* Participate in an informational interview with your mentor
* Attend Virtual Networking Day activities, like the Alumni Ask Me Anything Panel *(held in September during Homecoming week)*
* Attend Judson’s Networking Night *(held in September during Homecoming week)*