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*Visit:* [***https://bit.ly/JudsonUMentor***](https://bit.ly/JudsonUMentor) *for resources, sign up, and more information*

Alumni Mentor Packet

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

2023-2024

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**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!

**ALUMNI MENTORS**

Are you looking for a way to give back or share your experiences? J.U.M.P. Mentoring empowers Alumni to invest in the next generation of leaders by providing mentoring and guidance to current Judson students and recent graduates!   
  
As an Alumni Mentor you will have the opportunity to:

* **Teach and advise mentees on how to begin the networking process**
* **Introduce mentees to new people, places, interests, or ideas**
* **Encourage mentees to try new things or think outside the box**
* **Help mentees recognize their own strengths and weaknesses**
* **Offer support through prayer and conversation**

**COMMITMENT**

At a minimum, mentoring groups will be expected to agree to an **academic year 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.

**Semester 1 Runs: October-December**

**Semester 2 Runs: January-May**

*Mentors and Mentees can determine if they would like to continue their monthly meeting during the summer term. Each fall, JUMP Mentor and Mentee agreements will be due by October 1 and the program will renew.*

**JUMP Kickoff – Friday, September 29**

JUMP mentors and mentees are invited to celebrate the beginning of a new year of the program at the JUMP Kickoff event taking place on Friday, September 29 from 1:00 pm – 3:00 pm in the Upper Commons on campus during Homecoming. This event will feature meet and greets for mentors/mentees, an Alumni Ask Me Anything Panel, and sweet treats.

To register please visit: [www.judsonu.edu/homecoming](http://www.judsonu.edu/homecoming)

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**Defining Your Role as a Mentor**

As a Judson University alumni mentor, you are a guide, friend, and resource who shares your Judson education and professional experiences to help current students at Judson thrive inside the classroom and beyond.

As a mentor you are 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

A mentor is *not* a:

* **Rescuer**
  + Problem fixer, assumes responsibility
* **Bodyguard**
  + Fights mentees battles, overprotective
* **Mechanic**
  + Wants a quick fix, insensitive to self-esteem
* **Adversary**
  + Pushes too far too soon
* **Minesweeper**
  + Removes obstacles so mentee does not have to confront them
* **Smother**
  + Gives too much feedback, discounts mentee’s feelings or concerns

**Building the Relationship**

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 mentor:**

* **Be Committed:** Mentoring is a long-term commitment to a student. Please make sure you have the time and motivation to stay committed to the mentoring relationship. We do understand, however, that conflicts arise, so make sure to communicate with your mentee in a timely fashion.
* **Be Proactive:** Take initiative in the relationship. Often students can be shy and intimidated at first by the idea of reaching out to mentors. Make it easier for students by reaching out I
* **Get to Know Your Mentee on a Personal Level:** JUMP hopes that most mentoring relationships develop a personal touch. This makes conversations much more interesting and rewarding. It makes both mentors and mentees look forward to the next conversation.
* **Tell Stories:** Students love hearing about your experiences. You probably learned a lot from your experiences and they can be invaluable to your mentee. In addition, it is always fun to tell stories.
* **Provide a Fresh Perspective:** As a mentor, you are able to provide a fresh perspective for your mentee. This can help students tremendously as they are swayed by their own personal emotions and biases. An outside perspective can be very beneficial.
* **Give Advice:** Bounce ideas back and forth with your mentee. Make sure you are only providing your thoughts and feedback instead of directly telling your mentee what to do. This helps them hone their judgement and decision making abilities.
* **Be Encouraging:** Students are often going through difficult times at school. Try to be positive and be a source of encouragement to help them through those situations. This can also be a good time to provide a seasoned perspective on your mentee's problems (some that you may have faced as a student).
* **Find Shared Experiences:** Relationships are stronger when you share something. Try to find this common ground- your both already have at least one thing in common, as members of the Judson community!
* **Respect your Mentee**

**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**

* Review the mentee's resume and/or cover letter and encourage them to contact the Career Success Center for more guidance if needed
* Lead the mentee through a mock interview for the role they are hoping to land
* Offer guidance on where to best look for jobs/internships in his/her field

**Tell Your Story**

* Tell your mentee how you prepared for your transition from school to career
* Talk about how the mentor has balanced personal life and career and what to expect after graduation
* For the mentor, discuss what you would have done differently and what you would have done again at Judson
* Talk about how you have dealt with personal or professional challenges

**Networking Pursuits**

* Introduce the mentee to colleagues or other contacts
* Guide the mentee in how to conduct themselves for an informational interview
* Attend Virtual Networking Day activities, like the Alumni Ask Me Anything Panel *(held in September or October during Homecoming week)*
* Attend Judson’s Networking Night *(held in September or October during Homecoming week)*

**Miscellaneous Tips and Tricks**

* It may be difficult to find the time to talk or meet with your mentee, so schedule your next conversation at the end of each meeting.
* Trust your natural mentoring skills: You probably already serve as a mentor in a variety of settings in your life; parents, supervisors, and friends all act as mentors. Trust your instincts!
* Be enthusiastic and encouraging: Enthusiasm to learn and share information shows your mentee you care about this relationship!
* Do not interrupt when your mentee is speaking.
* Offer to pray with your mentee if you feel led.
* Respond to your mentees attempts: Mentees are learning to network, build, and sustain relationships with professionals. Make time for your mentee and respond to their attempts within 48 hours, if possible.
* Do not assign "homework" or things to do, students have enough from their own teachers and tend to shy away from their mentor when this happens. Suggestions are better, especially if you are able to assist the mentee through the process.