
Mentoring Topic

With it being the fourth week into winter quarter already, it is important to stay on top of reaching out to your mentor. This is a great time to get to know your mentor and come up with questions to present to them regarding their career success, and your future career success. **Send your mentor the attached form to learn more about them and their career path.**

What are Other Mentors and Mentees Doing?

Here's what Ryan and Jamar planned soon after being introduced in November: Share "WHY". Consider the difficulties of being a teacher (in this case, but whatever it is you want to be- CFO, publicist, consultant, engineer). Think about the pros and cons. Reflect on this and discuss with your mentor "WHY" you want to become a _____.

Thank you Ryan and Jamar, for giving the 'ok' to share what you are doing!

What Should You Plan With Your Mentor?

Basically, what is it that you want to do? What are your goals at this point? Is it finding an internship? Practicing interview skills? Going to graduate school? If yes, where to? What program? Tell your mentor your short term and long term goals.

Ask for advice. Are there professional associations or organizations that you should join? Volunteer opportunities? Conferences?

Remember to always be professional. Make sure to check your grammar and spelling before sending the email. Be clear in your message and respond promptly to your mentors. If you keep struggling with what to ask your mentor and the previous questions are not very helpful, please don't hesitate to contact me for ideas.

Join the **CWU Professional Network LinkedIn Group!** This is for mentees and mentors, as well as current and past students interested in sharing or receiving

advice and making connections. Keep your eyes open for my invite to join the group, or add yourself, if you haven't already: <https://www.linkedin.com/groups/13507300>

Professional Development Events

January 30th - Resumes and Cover Letters for Ed Majors – **Black Hall 203: 4-5 PM**

February 1st - Energy Time Management (Explore procrastination and discuss strategies and tools to help you optimize your time) - **SURC 137A: 4-5 PM**

February 2nd - Leading with Resilience (Learn how to build resilience, hope, confidence, and optimism within teams and organizations) - **Shaw Smyser 115: 10:30-11:30 AM**

February 8th - Everything You Need to Know About Internships (Students and faculty, learn about the internship process for academic credit) - **Bouillon 211: 4-5:30 PM**

February 13th - Find a Job or Internship Using the Wildcat Career Network – **SURC 140: 4-5 PM**

February 14th - What Employers Want (Identify what you can offer employers, create a personal introduction, work a career fair) - **Library: 4-5 PM**

February 15th - Using LinkedIn (Discover why so many people are using LinkedIn! Bring your laptop or check one out a Library Circulation) - **Library 152: 4-5 PM**

February 22nd - Finding a Career Direction (Learn how to use interests as a compass to point you in the right direction) - **SURC 140: 4-5 PM**

February 28th - Education Career Fair (School districts and related employers will come to campus to recruit students for teaching jobs) - **SURC Ballroom: 12-3 PM**

March 1st - Communicating Professionally and Effectively (Enhance your communication skills) **SURC Ballroom: 8:30-2:30 PM**



Be A Guest Speaker



Review Student Resumes



Conduct Mock Interviews



Be A Mentor To Students

Student Alumni Association Career Mentoring-CWU Business Mentoring-Transfer Student Mentoring-WSELP Mentoring