

What is Mentoring?

"Mentoring is to support and encourage people to manage their own learning in order that they may maximize their potential, develop their skills, improve their performance and become the person they want to be." Eric Parsloe, The Oxford School of Coaching & Mentoring

Mentoring is a powerful personal development and empowerment tool. It is an effective way of helping people to progress in their careers and is becoming increasingly popular as its potential is realized. It is a partnership between two people (mentor and mentee)

Why Become a Mentor?

- * Potential to change a young person's life, through positive role modelling
- * Keeps one abreast of the needs and concerns of the younger generation
- * Helps build a better more stable society and gives a sense of fulfilment
- * Creates lifelong friendships
- * Enhances communication and interpersonal skills
- * Provides opportunity to evaluate one's performance

Why become a Mentee?

- * The mentee receives individual recognition, encouragement, and support.
- * Increased mentee's self-esteem and confidence when dealing with professionals
- * The mentee develops confidence to challenge oneself to achieve new goals and explore alternatives
- * Gain's a realistic perspective of the workplace
- * Get advice on how to balance work and other responsibilities and set priorities
- * Develop workplace ethics
- * Develops a professional network

Please complete and submit application form by Friday, February 15, 2013.

***Information will be distributed regarding training workshops for selected applicants ***

College of The Bahamas

Student Leadership Development Department
Oakes Field Campus

Phone: (242) 302-4498
E-mail: studentleadership@cob.edu.bs

College of The
Bahamas

**Student-Alumni
Mentoring
Programme**



College of Bahamas Mentoring Programme

The College of Bahamas Mentoring Programme is an initiative of the Department of Student Affairs and is led by the Director of Student Leadership and International Relations. The Programme is being established under the College's mandate of providing innovative programmes, facilitate community involvement and student learning and development.

The mentoring programme will seek to assist third year students with a successful journey throughout their college life, and facilitate easy transition into the world of work. It provides students with an opportunity to develop a unique relationship with member (s) of The College Alumni, who will provide the necessary guidance and support to assist student's personal and professional development.

Alumni will also enjoy a mutually rewarding relationship and gain tremendous satisfaction from their current jobs and careers as they share valuable knowledge and experiences. The Mentee-Mentor relationship will also, enhance alumni coaching, communication and leadership skills as they forge relationship with young adults and future leaders of society.

Goals & Objectives of the Programme

- * To improve students professional and personal development
- * To foster Alumni involvement
- * To encourage students to develop and practice healthy study habits
- * To assist students in their career exploration
- * To assist students in character development
- * To offer guidance and support in aiding students to achieve academic success
- * To provide a supportive environment for students
- * To afford students a realistic perspective of the work environment
- * To ease student transition into the world of work

Student & Mentor Expectations

- * Approach the mentoring programme with an open mind, professionalism and respect.
- * Establish goals and work together to achieve them.
- * Act professionally with the highest ethical principles.
- * Use the various communication mediums to correspond i.e. emails, telephone, facebook, other social networks.
- * Communicate constantly, listen and offer feedback.

Main Deliverables

- * Assist student mentee in creating a professional portfolio
- * Facilitate Job Shadowing Experience
- * Have at least two (2) face to face meetings

Other Suggested Activities Include:

- * Lunch meetings
- * Volunteer on community projects
- * Attend College events
- * Attend public lectures and seminars and other events
- * Shoot some hoops!

Characteristics of a Good Mentor

- * Leads by example
- * Knowledgeable, and willing to share that knowledge, skills and experience
- * Has good networks
- * Offers practical experience to career
- * Provides guidance and constructive feedback
- * Motivates and nurtures
- * Non-judgemental