

Strathclyde Scholars Mentoring

Please see below some examples of topics that can be discussed during mentoring sessions. These topics can help ensure that mentoring sessions are productive, insightful, and tailored to the student's needs and aspirations.

1. Career Planning and Development

- **Career Goals:** Discuss short-term and long-term career goals.
- **Industry Insights:** Share information on industry trends and future outlooks.
- **Career Paths:** Explore different career paths within the industry.

2. Skill Development

- **Technical Skills:** Identify and develop relevant technical skills.
- **Soft Skills:** Discuss the importance of communication, teamwork, leadership, and time management.
- **Certifications and Courses:** Recommend certifications, courses, and additional training.

3. Resume and Job Applications

- **Resume Review:** Provide feedback on resume format and content.
- **Cover Letters:** Guide on how to write compelling cover letters.
- **Interview Preparation:** Share tips and conduct mock interviews.

4. Networking and Professional Relationships

- **Networking Strategies:** Teach effective networking techniques.
- **Industry Events:** Recommend conferences, seminars, and workshops.
- **LinkedIn:** Advise on creating and maintaining a professional LinkedIn profile.

5. Workplace Dynamics

- **Company Culture:** Discuss the importance of understanding and fitting into company culture.
- **Teamwork:** Share insights on working effectively in teams.
- **Conflict Resolution:** Offer strategies for resolving workplace conflicts.

6. Real-World Experiences

- **Case Studies:** Share real-world examples and case studies from your career.
- **Challenges and Failures:** Discuss past challenges and how you overcame them.
- **Success Stories:** Share your successes and what contributed to them.

7. Professional Ethics and Conduct

- **Ethical Dilemmas:** Discuss common ethical issues in the industry.
- **Professional Conduct:** Talk about expected professional behavior and standards.
- **Workplace Etiquette:** Share tips on workplace etiquette and professionalism.

8. Work-Life Balance

- **Time Management:** Discuss effective time management techniques.
- **Stress Management:** Share strategies for managing stress.
- **Work-Life Integration:** Talk about balancing professional and personal life.

9. Goal Setting and Progress Tracking

- **SMART Goals:** Teach how to set Specific, Measurable, Achievable, Relevant, and Time-bound goals.
- **Progress Review:** Regularly review progress towards goals.
- **Adjusting Goals:** Help adjust goals based on changing circumstances and new insights.

10. Entrepreneurship and Innovation

- **Starting a Business:** Discuss basics of starting and running a business.
- **Innovation:** Talk about fostering innovation and creativity in the workplace.
- **Risk Management:** Share insights on managing risks in entrepreneurial ventures.

11. Academic Advice

- **Course Selection:** Provide guidance on relevant courses and electives.
- **Research Opportunities:** Discuss potential research projects and opportunities.
- **Internships:** Recommend and help secure internships related to their field of study.

12. Personal Development

- **Self-Reflection:** Encourage self-assessment and reflection on personal growth.
- **Confidence Building:** Offer strategies to build confidence and self-esteem.
- **Mentorship:** Discuss the importance of being a mentor to others in the future.

A quick guide on how to be a good **Industry Mentor** for a university student: By following these guidelines, you can create a positive and impactful mentoring relationship that supports the student's academic and professional growth.

1. Establish Clear Expectations

- Initial Meeting: Discuss goals, expectations, and boundaries.
- Set Objectives: Define what both parties hope to achieve from the mentorship.

2. Be Accessible and Responsive

- Regular Meetings: Schedule consistent and regular check-ins (weekly, bi-weekly, or monthly).
- Communication Channels: Use preferred communication methods (e.g., email, phone, video calls).

3. Provide Guidance and Support

- Career Advice: Offer insights into industry trends and career paths.
- Skill Development: Help identify and develop key skills relevant to their career goals.

4. Share Real-World Experience

- Case Studies: Share real-world examples and case studies from your experience.
- Site Visits: If possible, arrange visits to your workplace to provide a glimpse into the industry.

5. Encourage Networking

- Introduce Contacts: Connect the student with relevant professionals in your network.
- Professional Events: Encourage attendance at industry conferences, workshops, and seminars.

6. Provide Constructive Feedback

- Review Work: Offer feedback on projects, resumes, and cover letters.
- Encourage Self-Reflection: Help the student assess their own progress and areas for improvement.

7. Be a Positive Role Model

- Professionalism: Demonstrate professional behaviour and ethical standards.
- Work-Life Balance: Share strategies for maintaining a healthy work-life balance.

8. Encourage Independence

- Problem-Solving: Guide the student in finding solutions rather than giving direct answers.
- Goal Setting: Encourage them to set and achieve their own goals.

9. Celebrate Achievements

- Acknowledge Progress: Recognize and celebrate milestones and successes.
- Motivate: Provide encouragement and motivation during challenging times.

10. Be Patient and Empathetic

- Understand Challenges: Be aware of the pressures and uncertainties faced by students.
- Provide Support: Offer emotional support and understanding.

11. Maintain Confidentiality

- Trust: Ensure that all shared information remains confidential.
- Respect Boundaries: Respect the student's privacy and personal boundaries.

12. Be Open to Learning

- Mutual Growth: Be open to learning from the student as well; mentorship is a two-way street.
- Feedback: Encourage the mentee to provide feedback on the mentorship process.