

## **Alumni-Student Mentoring Program**

### **Potential Discussion Topics**

#### Program-Specific

- Coursework/course load
- Elective choices
- Professors

#### Professional Development

- Networking
- Job searching
- Skill / industry-related advancement

### **Alumni/Mentor Responsibilities**

The mentor is expected to follow the guidelines recommended below:

#### *Commitment*

- We recommend that mentors/mentees meet at least one hour per month by phone, videoconferencing, or in-person. However, you and your mentee can decide on those arrangements together.
- Pairs may choose to exchange emails between meetings to keep in touch.
- Commit to being engaged and accessible to the mentee.
- Post-pandemic, the mentor has the option to allow their mentee the opportunity to "shadow" them at their place of work. However, there is no expectation to offer this as an option and it will be clear to the mentee that mentors will not provide them with an internship or job.

#### *Communication*

- Listen to the needs and expectations of the mentee and offer advice and guidance.
- Help clarify the mentees goals and aspirations.
- Share mentor's own experiences, resources, and networks with the mentee.

#### *Engage*

- Ask thoughtful questions and provide feedback and guidance to the mentee.

- Encourage the mentee to explore new ideas and opportunities.
- Offer constructive opinions, while respecting those of the mentee.

## Resources

### Ted Talks

- *Start with Why* / Simon Sinek
- *The Power of Vulnerability* / Brené Brown
- *How to Make Hard Choices* / Ruth Chang
- *My Year of Saying Yes to Everything* / Shonda Rhimes
- *Why You Should Love Statistics* / Alan Smith

### Recommended Books

- *Lean In* by Sheryl Sandberg
- *Good to Great* by Jim Collins
- *Designing Your Work Life* by Bill Burnett and Dave Evans
- *Dare to Lead* by Brené Brown
- *Presence* by Amy Cuddy
- *The Five Dysfunctions of a Team* by Patrick Lencioni

## Contact

For alumni, career, and professional development support, please contact:

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