

# MENTOR PROGRAM

A mutually beneficial relationship between alumni and MSW students!

“ 90% of mentors & 84% of mentees believe the UBSSW Mentoring Program has great potential to strengthen the relationship between the school and the social work community ”



“ Nearly 70% of mentees engage in informal conversations and meetings with their mentors ”

## THE BUILDING BLOCKS TO BEING A SUCCESSFUL MENTOR

### MENTOR

Take on a variety of roles like **COACH, SPONSOR, GUIDE, ROLE MODEL, and TEACHER**

Offer guidance, advice, support, and information

Demonstrate social work engagement skills

#### EMPOWER & CELEBRATE

mentees by highlighting gifts, strengths, & potential



Invest in the initial engagement: reach out, be approachable, offer choice

Build a **trustworthy, collaborative, safe, and open relationship**

Make a plan and re-visit it regularly

**Be Curious About Motivation:**  
What led you to social work?  
What is your best hope for our relationship?

### MENTEE

The top 3 **BENEFITS:** professional networking, life skills, and learning social work perspectives

Needs a space to **THINK, REFLECT, LEARN, GROW, and BE THEMSELVES**

Learns by example

May feel unsure or nervous at the start...

