

THRIVE MENTORING

Our THRIVE Mentoring top tips

The Mentoring Team have put together a set of our 5 top tips for students on the scheme. We hope they are useful to you and help you make the most out of your mentoring!

- 🍃 **Build common ground with your mentor.** It is much easier to interact with a mentor if you are comfortable with them so find things you both have in common and get to know your mentor informally in the first meeting. What are their hobbies? If your mentor went to university, did you study the same subject and modules?
- 🍃 **If you don't ask, you won't know.** It may be that you would love to do some work shadowing, or you would like to know your mentor's biggest weakness! Whatever your question, asking your mentor is the best way forward and then depending on the answer, you can go from there.
- 🍃 **How to use your mentor if their job isn't for you.** Sometimes you might select a mentor and then realise once you have been matched that their career is not something you are interested in. This does not mean they are not valuable to you. Your mentor will still have experience and advice to share, especially generic career advice on aspects such as your CV, interview preparation and good etiquette in a professional environment. Do communicate to your mentor about your concerns and they will find ways to support you.

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- 🍃 **Use the resources available to you.** The Mentoring Team have worked hard to produce a set of resources to support you through your partnership so have a browse and make the most of them. If you feel there should be a resource that is not available, let us know.
- 🍃 **Enjoy your THRIVE experience!** Having a one-on-one relationship with a career mentor is such a valuable experience so we want you to feel the full benefit. Take the opportunities offered to you and maintain good communication with your mentor. If you are unsure or are struggling at any point, speak to your mentor or the THRIVE Team and we will be able to support you. You can contact us on mentoring@reading.ac.uk

