

ASPIRE MENTORING

A University of Bolton Career Mentoring Scheme

University
of Bolton



Connecting to information, opportunities and people

A GUIDE FOR ACADEMICS

Welcome to the Aspire Mentoring scheme. This is a mentoring programme that has been designed to address the employability skills of our students and improve the overall career prospects of our graduates. The scheme will match professionals from our Alumni community (mentors) with the University of Bolton students (mentees) to gain an insight into working life, and the skills and attributes that are required in an ever changing labour market. The scheme is run in partnership with the Alumni Office and the Careers Service at the University of Bolton.

Programme Information

What is career mentoring?

Career mentoring at the University of Bolton, aims to match business professionals with undergraduate students, in the hope of raising career aspirations and helping students to improve their employability. The aim is for students to acquire personal insights into graduate careers and professional life.

All mentors will be recruited from the Bolton Alumni community. All mentees will be undergraduate students, who could be from any year of study, although priority may be given to students in their penultimate and final year.

What is the time commitment?

Mentors and mentees will be expected to meet face to face three times during the course of the mentoring relationship. This is the minimum expectation. Contact beyond this is encouraged, either by phone or email. Students are also expected to attend an initial meeting with the Careers Service to discuss the scheme, prior to being paired with a mentor.



When does the programme run?

The project will run within a defined timescale which will be between October and May in any given academic year.

Academic Support

This programme is in its infancy, to ensure its success our students will need your support. We especially need to target talented students who are often unsure of their futures or how to open doors and achieve their career ambitions. Please encourage our students to contact our Careers Team for further information.

Our alumni are often keen to give something back to their University, mentoring and guest lectures are often the first step to a long fruitful relationship. Our alumni can open doors for the next generation. If you are still in contact with employed graduates who you think could become good mentors, please refer them to the Alumni and Development Office.

Mentor and Mentee Eligibility

Who is eligible to be a mentee on this scheme?

The Aspire Mentoring scheme is available to any student currently enrolled at the University of Bolton who has completed at least one year of study. Please be aware that you must be enrolled for the full academic year in which you apply for the scheme, due to the time commitment involved.

What are the benefits of being a mentee?

Mentoring can provide many benefits, but in the main mentees can expect to gain:

- One-to-one support from an experienced professional
- An insight and information about the sector you want to work in
- The chance to build networks and contacts within that industry
- Practical advice on job search techniques and skills
- An understanding of what employers are looking for in applicants

What are the benefits of being a mentor?

Mentoring can provide many benefits, but in the main mentors can expect to gain:

- Satisfaction from helping another individual to grow in confidence and self esteem
- A heightened sense of value and contribution to the graduate 'talent pool'
- An opportunity to reflect on your own experiences from a new perspective
- A broader understanding of higher education today and the expectations of students coming into the workplace
- An opportunity to increase networks and contacts outside of the current business environment
- Possible opportunities to add credits to your own workplace or industry professional development programmes



What skills are needed to be a mentor?

In order to be a good mentor the following skills are needed:

- Good communication skills and the ability to develop a supportive relationship
- Ability to provide feedback in a constructive manner
- Ability to commit time and effort to the mentoring relationship
- Willingness to be open and share experiences and advice

Contact Information

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