AtlanticLINKS Mentoring Programme

Frequently Asked Questions

Why a mentoring programme?
UWC Atlantic has an amazing network of more than 9,000 alumni globally. Through a mentoring programme alumni can get, as well as offer, support and guidance from others in the College network. Mentorship can focus on career and educational choices, entrepreneurial ideas, projects, career change, and much more. It is an opportunity to help, grow and connect with others within the UWC Atlantic alumni community.

What are the goals of the programme?
On the one hand, through establishing this personal connection the mentee can seek advice and input from an alum that has the relevant experience to be of support. At the same time, the mentor gets a chance to help, learn and share their experience with the mentee.

Who can take part in the programme?
AtlanticLINKS is open to all UWC Atlantic alumni.

Do I need to be able to meet my mentor/mentee in person?
Although you are welcome to organise a face-to-face meeting, it will not be necessary. The programme can be fully carried out by phone or online.
How can I benefit from the programme?
The AtlanticLINKS Mentoring Programme brings alumni in closer contact with each other around five key areas:

1) Career guidance  
2) College/university advice  
3) Career change  
4) Advice on current project  
5) Advice on entrepreneurial idea

What is the time commitment?
We recommend that you work with your mentor/mentee for a minimum period of 3 months, with at least one monthly interaction. However, it is up to you jointly, and both the partnership duration as well as the frequency of sessions may be adjusted as needed.

How do I join?
Alumni are able to find a match online using the Atlantic Connect platform, which is also available as an app.

1. First, join Atlantic Connect if you haven’t already!

On a laptop/desktop:
Note: If you are joining as a prospective mentor and have a LinkedIn profile, then we recommend signing up with LinkedIn.

Via the app:
2. If you’d like to offer your help as a mentor, make sure your profile and mentoring preferences are up to date.
3. If you are looking for a mentor, using the ‘Find a Mentor’ functionality, you can search for a suitable mentor through filtering by their job function.

4. You can also choose a mentor by filtering those alumni who are offering mentoring in your field of interest, as well as filter by their location, industry, year of graduation from UWC Atlantic, etc.
5. Contact selected potential mentor(s) on the platform, via the ‘Request mentoring’ button or via a direct message, and wait for a response!

6. Once connected, start the conversation via a communication channel of your choice (face-to-face, email, phone, Skype, Facebook, WhatsApp, etc.). Atlantic Connect offers several useful integrations:

Watch [this short video tutorial](#) for a quick overview of points 2 - 6 above.
Is it possible to join the programme using LinkedIn?

Atlantic Connect integrates with LinkedIn, Google and Facebook. It is therefore possible to sign in with LinkedIn, among other social media channels.

This is especially useful if planning to support other alumni as a prospective mentor. Integration with LinkedIn means that information such as your LinkedIn profile summary and work experience can be pulled directly into your profile and can be edited by you from your Atlantic Connect profile page.

How do I make the most of this opportunity?

1. At the start of the first meeting, introduce yourself and your background to your mentor/mentee.
2. If you are looking for mentoring, explain your goals to your mentor. If you are offering mentoring assistance, outline how you can help.
Sample questions to address might include:

- What can you tell me about yourself to help me to get to know you better?
- What do you think we need to do to make this mentorship work?
- What are your hopes for this mentoring relationship?
- What are the most important things you should be accomplishing in your role?
- Do you feel successful in your role/project at this time? If not, what is preventing you from succeeding?
- What are your career goals?
- What have been the most significant learning experiences in your career?
- What do you think most hinders your success?
- How do you learn best?
- What knowledge, skills and abilities do you feel I possess that would most benefit you?
- How can I better understand what you need and how can I best help you?
- What do you need right now today?
- What is the best way to give you feedback?
- What do you believe are your key strengths and weaknesses?

3. Together with your mentor/mentee establish contact methods, levels of commitment and a programme time frame.
4. Have a trial call or meeting where you discuss if goals are achieved and what next steps should be.
5. Mentee should take notes to track activity and progress that are then shared between mentor and mentee after each meeting.

Template - Summary of a mentoring session

<table>
<thead>
<tr>
<th>Goals for the mentoring process</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agreed goals for this session</td>
</tr>
<tr>
<td>Summary of session</td>
</tr>
<tr>
<td>Action points for follow-up</td>
</tr>
<tr>
<td>Any other comments – Mentee</td>
</tr>
<tr>
<td>Any other comments – Mentor</td>
</tr>
</tbody>
</table>

6. Goals should be regularly reviewed by both sides.
Is there a way to exchange comments and share resources with other programme participants?

Yes, there is! Simply join the ‘AtlanticLINKS Mentoring Programme’ group on Atlantic Connect. Within the group, you can exchange comments and questions with fellow mentors and mentees, share best practices, find additional resources and much more.

How do I feed back my comments on the programme?

Every few months we will send you a feedback form to find out about your experience so that we can continuously improve AtlanticLINKS. With your permission, we would also like to share stories on social media and other UWC Atlantic news channels.

Comments and questions can also be sent to us by email: joinin@uwcatlantic.org