

# Student Information

SAU Career Services and SAU Alumni are proud to re-introduce Career AIM: Alumni Inspiring Muleriders. This mentor program will allow our alumni to connect individually with current Muleriders and new graduates to share valuable lessons and skills they have learned after their time at SAU. Mentees will benefit significantly from the experience, gaining knowledge not taught in the classroom and experience in networking and relationship building.

## **Student Requirements:**

- Must be a Junior, Senior, or Graduate student enrolled at SAU
- Must maintain a minimum GPA of 2.75
- Must be able to connect with your mentor regularly

## **Ice Breakers:**

- What is a motto that you live by?
- Where do you see yourself in 5 years?
- What is something that you learned about yourself in the past year?

*Refer to the icebreakers document for a complete list.*

## **How to conduct the first meeting:**

Before your first meeting with your mentor, you should prepare specific questions/topics that you would like to discuss and think about what goals you would like to achieve from this program. Introduce yourself: share your background, interests, what you are looking forward to in the future, and what you plan to gain from this mentorship. Ensure that you showcase yourself in a professional manner when speaking and interacting with your mentor. Ask your mentor about their experiences. Be open to feedback and advice as this is someone that has more experience than you in the workforce. Pay close attention to your mentor's advice and take notes, if needed. Ask if there is anything you could be working on now to help with the future. Discuss the next steps and when the next meeting will be. Thank your mentor for their time and their guidance.

## **Sample first meeting questions:**

- Share your professional history and background about yourself.
- Why did you choose SAU?
- What were your deciding factors in the major that you chose?
- How did you decide on your career path, and what influenced those decisions?
- Did you have a mentor? If so, what did you gain from that experience?

## **After the first meeting:**

Within 2 days of your meeting, make sure to follow up. Send your mentor an email summarizing key takeaways that you might have learned or were interested in from the meeting. Thank your mentor for their time. You can outline what you plan to do next if there are any suggestions for what you could be working on now. Express your appreciation and respect for meeting with you.

## **Take it serious:**

These mentorship meetings can be crucial for students. Mentors are donating their time and expertise to help you as a student and these meetings should be taken seriously. A mentor can share valuable advice, experience, and help with your future planning. By being prepared, on time, and engaging students can respect the mentor's time and effort. Taking these meetings seriously can lead you to futures that you might not have had the opportunity to if you were to not participate in the program.

## **Contacts:**

For Students the primary contact will be Anne Sands at [AMSands@saumag.edu](mailto:AMSands@saumag.edu). For Alumni the primary contact will be Je'Len Berry at [JRBerry@saumag.edu](mailto:JRBerry@saumag.edu).