The CFANS mentor program connects students with alumni and other professionals to provide students with the opportunity to explore career possibilities, network, and enhance their professional skills.

“I feel that through this experience I was able to create more specific career goals for myself while also being exposed to the types of meaningful skills every professional should possess.”

- Mentee, 2013-14 Mentor Program

“It was awesome just to watch my mentee grow over the past year, both in confidence and in skill. It seems like the things we discuss/participate in are small, but it’s great to see them make such a big difference!”

- Mentor, 2013-14 Mentor Program
PROGRAM GUIDELINES

- Mentor & mentee will have one quality interaction per month for at least an hour (subject to pair’s scheduling needs)

- Mentee will complete a half-day of job-shadowing before the end of the school year.
  - If mentorship is long-distance or there is issue of confidentiality, mentor will use network to arrange a different job-shadow opportunity or mentee will discuss alternatives with Mentor Program staff.

- Mentee will submit a one-page reflection paper about their job-shadow and mentoring experience by May 15, 2015.

CONTACT INFORMATION

MENTOR PROGRAM STEERING COMMITTEE

- MASHA FINN
  College to Career Program Coordinator
  CFANS Alumni Relations
  612.624.9957
  mfinn@umn.edu

- SARAH DORNINK
  Alumni Co-Chair
  Executive Director, MAELC
tesm0010@umn.edu

- PAUL HUGUNIN
  Alumni Co-Chair
  Marketing Section Supervisor, Minnesota Grown
  paul.hugunin@state.mn.us

- JOHANNA KNORR
  Student Co-Chair
  Animal Science Sophomore
  knorr020@umn.edu

- DANA MELINK
  Student Co-Chair
  Nutrition Senior
  melin081@umn.edu

- MARY BUSCHETTE
  Director of Alumni and Constituent Relations
  CFANS Alumni Relations
  mbuschet@umn.edu

EXPECTATIONS

Mentor

- Listen to the needs and expectations of your mentee.
- Work with the student to help him/her develop and establish realistic and obtainable goals.
- Offer suggestions and feedback, and communicate input respectfully.
- Be committed to serve as a resource to your mentee.
- Contact the mentee if you are unable to attend scheduled meetings.
- **Contact Mentor Program staff if there is a concern regarding the mentoring relationship.**

Student/Mentee

- **Discuss your needs and expectations with your mentor; think about what you want out of the program prior to each meeting.**
- Be committed to carrying out your agreed-upon goals.
- Be receptive to suggestions and feedback.
- Keep mentor informed of progress.
- Contact mentor in a timely manner if unable to attend scheduled meetings.
- Realize that having a mentor is a privilege and work hard to take advantage of the opportunity.
- **Contact Mentor Program staff if there is a concern with the mentoring relationship.**
First Meeting: Getting acquainted

- Discuss your backgrounds, interests, and the student’s career goals
- Discuss your goals and expectations
- Establish a schedule for future meetings and discuss preferences for communication in-between (phone? email? Skype?)

Conversation Topics

- Talk about the student’s skills and talents and how these can be applied in the industry
- Explore the needs and current trends of the industry and discuss qualifications for different types of positions in the field
- Talk about how your values have impacted your academic and career choices
- Discuss work/life balance
- Talk about the training and skill development that would be helpful
- Explore professional associations and relevant organizations
- Discuss employers and work environments
- Talk about the transition from school to work
- Discuss professional standards and workplace etiquette

Networking Opportunities

- Attend a conference or professional association meeting together
- Mentor helps arrange meetings/coffee/lunch with mentor’s colleagues, either informally or as informational interviews
- Connect with fellow students, alumni, and friends via LinkedIn
- Attend a lecture or event on-campus
- Invite mentor to attend a class

Professional Skill-Building

- Conduct an informational interview and/or a practice interview
- Critique resumes/cover letters
- Practice proper professional etiquette for an interview, business lunch, or networking opportunity
- Participate in a webinar
- Search the internet together for job resources and other information related to your field
- Review a class project or assignment and talk about applying the content or skills to the workplace
- Practice for a class presentation

Resources:

- CFANS Mentor Program: z.umn.edu/mentor
- Career and Internship Services: careerhelp.umn.edu
- University of Minnesota Alumni Association minnesotaalumni.org/mentor
- CFANS events: cfans.umn.edu/outreach/events
- CFANS Alumni & Friends events: z.umn.edu/alumnievents

facebook.com/CFANSAlumniandFriends
@CFANSAlumni
Find us on LinkedIn! Search for U of M College of Food, Agricultural and Natural Resource Sciences
Goals

What are the student’s goals this year?

For example:

- Learn about a variety of jobs in the field.
- Improve my networking skills.
- Learn about using my degree internationally.
- Get input on my application materials

1. ______________________________________________________________________________________

2. ______________________________________________________________________________________

3. ______________________________________________________________________________________

4. ______________________________________________________________________________________

Plan your next two meetings:

Date/Time: ________________________________
Location: __________________________________

Date/Time: ________________________________
Location: __________________________________