MENTORING AS A WAY TO SUPPORT YOUR STUDIES

WHAT EXACTLY IS MENTORING?

Mentoring refers to a personal developmental relationship in which a more experienced person (mentor) helps to guide a less experienced person (mentee). Mentors may be lecturers, advanced students (peer mentoring), or employees of companies, social services providers, or the like.

Peer mentoring is particularly useful during your first academic year: you have access to a contact person you can refer to anytime if you have questions concerning your course of studies. Typical issues dealt with in peer mentoring are questions concerning learning contents of different courses, differences between lectures, seminars and tutorials, examination regulations, curricula, advice in terms of working and learning techniques or course assessments.

Mentoring by lecturers is geared towards answering questions regarding your course of studies, structuring your studies and learning periods, and optimising your study and exam performance. Mentoring by lecturers will also help you clarify personal goals, wishes and problems. What is more, you can discuss your professional strengths and weaknesses and think about acquiring additional qualifications. Mentoring meetings are also a good opportunity to establish contact to professors early on! That might be helpful, for example, if you need an expert opinion for a scholarship.

Mentors from companies, industry or social services providers will provide you with a first impression of their occupational areas and will help you plan and prepare for your entry into professional life. This type of mentoring addresses issues such as career and life planning, preparation for job interviews, or professional communication (e.g. conducting negotiations). Often, these mentoring programmes are supplemented by workshops.

WHAT TO DO AS A MENTEE?

GET INFORMED!
Find out whether you can take part in a mentoring programme. There may be mentoring programmes offered by your faculty or study programme. However, you can also participate in programmes independent of a specific faculty.

APPLY AS A MENTEE!
Usually you have to apply for becoming a mentee by explaining your motivation to participate in a mentoring programme. Make sure you gather information about application deadlines and prerequisites early enough.

ASSUME RESPONSIBILITY AS A MENTEE!
Try to play an active part in staying in touch with your mentor. Make use of the materials in your Studien-Portfolio in preparation for your mentoring sessions.