



## 2014 – 2015 BPC Guidelines and General Curriculum Example



The 3rd year of BLUEprint CONNECT begins September 30, 2014 and concludes with a Spring Award Reception In April 2015.

### Terms of Participation (Mentors):

- Meet with mentee(s) at least once each month for at least one hour.
- **Set the tone.** Schedule meetings and remind mentee of meetings as the date nears.
- **Be reliable!** Schedule accordingly so you'll be free to meet with your mentee(s).
- Hold mentee accountable.
- Contact our staff (bgsamentoring@gmail.com) in the case of excessive absences from mentee.
- Maintain a professional relationship
- Encourage mentee to participate in BGSA sponsored forums or workshops, as you become aware of these opportunities.
- Do not choose meeting locations that would impose financial burdens on mentee. If you choose to pay for event functions, BLUEprint CONNECT will not reimburse you for these expenses. Please plan accordingly.
- Avoid rewarding mentee financially.

### Terms of Participation (Mentees):

- Meet with mentor at least once each month for at least one hour.
- **Be receptive!** Schedule accordingly so you'll be free when your mentor invites you to meetings.
- Contact our staff (bgsamentoring@gmail.com) in the case of excessive absences from mentor.
- Maintain a professional relationship
- Encourage mentor to attend BGSA sponsored forums and workshops with you.
- Communicate with your mentor about what you would like to gain from this mentorship opportunity.

### General Curriculum:

#### First Meeting (October/Early November):

##### **Self Exploration**

- Learn more about mentee and force mentee to self explore.
- Ask mentee to identify strengths and weaknesses.
- Have mentee pinpoint the source of interest for a given career.
- Make sure mentee is setting rational career goals (i.e. Does your pre-nursing or pre-medicine student enjoy people? Science?)
- **Have mentee Google self!**

#### (November - December):

##### **The Next Step**

- Help mentee identify the next step of his or her career.

- What is required for graduate or professional school entry?
- Is mentee meeting those baseline requirements?
- Have mentee identify three or more schools s/he would consider?
- Have mentee research the characteristics of the school (Possible questions: how many students accepted each year? Rural or suburban area? Diverse atmosphere?)

(January):

**Selling Oneself**

- Practice elevator pitch and interviewing skills with mentee
- Have mentee work on establishing a resume or writing a personal statement for graduate/professional school

(January - April):

**What My Career Looks Like**

- If possible, make plans to have your mentee shadow you OR get some form of direct exposure, to get a better understanding of what it takes to be successful in your career