

# U OF T ALUMNI MENTOR RESOURCE FOR CAREER CONVERSATIONS

As a mentor, you play an important role in helping students build relationships and recognize, then practice their career skills. This resource offers you

1. career principles to consider in your conversations
2. mentors' unique role in career conversations
3. when to refer to career services
4. quick-access tools

**Your career conversations can support these career principles:**

- Careers are non-linear and curiosity, openness, flexibility, optimism, calculated risk-taking and persistence can help in a lifetime of career navigation
- Career learning includes knowing yourself, exploring options, developing strategies, and taking action.
- Skills can be transferable and helps career learners as they explore and expand their career options (rather than focusing on a title)
- Building and sustaining a community of people in your professional life supports career development and insights

## MENTORS: TELL YOUR STORY

**Your career story will illuminate how you**

- leveraged your degree
- found your jobs
- developed and used your unique skillset at U of T and beyond
- integrate your human skills with the technical skills
- handled moments of career change, doubt, and uncertainty.

**You can offer great advice too:**

- What does a successful resume/interview look like in your industry?
- What are the emerging trends in your field or industry?
- Who in your networks can the mentee connect to?
- What advice do you have about developing transferrable skills?
- And you can normalize career questions and doubts.

By asking great open-ended questions, listening closely, and relating to your mentee, you help them clarify their career questions and connect with relevant resources.



# WHEN TO REFER YOUR STUDENT TO CAREER RESOURCES

Students may not know about the resources they have already paid for. Here are some questions that Career Exploration & Education can support your mentee with:

- What are some **planning tools** I can use in my career search?
- Can you **review my resume**?
- What are the **best job boards**?
- Can you help me **find job shadowing** opportunities?
- How do I **prepare for an interview**?
- How do I **decide on further education**?
- How do I **research the labour market**?



There may be times your mentee is overwhelmed. Here are some additional resources:

## Tools to inform your conversations

### Career Start [uoft.me/careerstart](https://uoft.me/careerstart)

A self-directed online career tool. Ask your student to select one of the nine most common career stages, then discuss their next steps based on the suggested supports and strategies.

### ASKme [uoft.me/askme](https://uoft.me/askme)

Use this online tool to search questions about student life and leverage the immediate ASKme answer for further discussion.

### Career services at [Mississauga](#) and [Scarborough](#), and [St. George Campus Career Exploration & Education](#) are all available through [clnx.utoronto.ca](https://clnx.utoronto.ca)

Over 50 programs, resources and services include: resume review, interview preparation, job shadowing, job board, employer information sessions, career fairs and more.

### Career Navigator [uoft.me/careernavigator](https://uoft.me/careernavigator)

Connects your student to their Alumni network and the stories of what is possible with a University of Toronto degree.

### Career Start [uoft.me/careerstart](https://uoft.me/careerstart)

Suggests career strategies to support your student's job search stage.

### U of T Hub on [Ten Thousand Coffees](#)

How your student can reach-out for a coffee date with an alumni expert.

***Not sure where to start?  
Start an online chat with  
[Career Exploration & Education](#).***