

# TAKE A TRITON TO WORK

## STUDENT MENTEE FAQ + GUIDE

### What is Take a Triton to Work?

The Take a Triton to Work program provides students (mentees) seeking career and professional guidance an opportunity to meet with a Mentor working in their field of interest. Meetups are flexible, based on the preference of the participants – from a career conversation over the phone to a virtual or in-person job shadowing visit – and can offer valuable career insights as students explore their next steps.

### How do I participate as a Student Mentee?

This program is networking made easy and you have an opportunity learn about potential career opportunities in your field, ask professional development questions and make a connection with someone who was once in your shoes.

Follow these five easy steps to participate:

1. Join/Login to [Tritons Connect](#).
2. Complete/edit your profile by clicking on “Edit Profile” in the upper right-hand corner
  - Upload a photo and personalize your profile.
  - Include academic, special interest and volunteer experience.
  - In the Summary Section, write a response to this question, “What do you hope to gain from a career-exploration conversation?”
  - Scroll down to “Seek Mentoring” and check: **Take a Triton to Work**
  - Include professional experience and/or simply link to your LinkedIn profile.
  - Scroll down to the bottom of the page and save your changes.

3. Register to attend **one** of three 30-minute Mentee Prep Workshops:

NOON to 12:30 PM (Pacific) on Tuesday, March 1: [RSVP](#)

Link: <https://ucsd.zoom.us/meeting/register/tJMvce6pqT4rE9Jfu-qk8IMCMccXY1V1b0NX>

12:30 PM to 1:00 PM (Pacific) on Thursday, March 3rd: [RSVP](#)

Link: [https://ucsd.zoom.us/meeting/register/tJMudOGhqD0pG9J7rw3q0ZHCr1o\\_9948bH3](https://ucsd.zoom.us/meeting/register/tJMudOGhqD0pG9J7rw3q0ZHCr1o_9948bH3)

3:00 PM to 4:00 PM (Pacific) on Wednesday, March 9th: [RSVP](#)

Link: [https://ucsd.zoom.us/meeting/register/tJlodO6urTsjE9F8\\_mQgPVGyitWNIEjp5kqQ](https://ucsd.zoom.us/meeting/register/tJlodO6urTsjE9F8_mQgPVGyitWNIEjp5kqQ)

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## What if I cannot participate in a Mentee Prep Workshop?

Didn't have a chance to attend a session? No problem! Login to Tritons Connect, go to Resources in the left-hand column and find the Take a Triton to Work folder to view the recording as well as helpful information.

## What are the key dates?

- Feb. 22: Mentees can register via Tritons Connect
- March 1: Students can begin self-selecting Mentors via Tritons Connect
- March 1: Mentee Prep Workshops begin
  - Tuesday, March 1<sup>st</sup> from 12:00 PM to 12:30 PM (Pacific)
  - Thursday, March 3<sup>rd</sup> from 12:30 PM to 1:00 PM (Pacific)
  - Wednesday, March 9<sup>th</sup> from 3:30 PM to 4:00 PM (Pacific)
- March 21-25: Spring session meetups\* (virtual and in-person)
- March 25: Spring session closes

## What does a typical virtual meetup look like?

You are empowered to coordinate a meetup to happen with your Mentor. The meeting itself is based on availability and the preferences of you and your Mentor and may range from a career conversation over the phone to a virtual or in-person job shadowing visit. Ideally, the experience will be a friendly career conversation where you can learn more about your Mentor's career field and the path that took them from UC San Diego to where they are today. Similarly, please allow time to share insight about yourself, the university and today's learning experience.

## What are my responsibilities as a Student Mentee?

You will initiate an initial message to introduce yourself and start a conversation with a prospective Mentor, respond to messages in a timely manner and confirm and participate in the career conversation in an open and friendly way. If you and your Mentor are comfortable doing so, please take and post a photo on social media to show our Triton pride: use #TakeATritonToWork. Following the meeting, please feel free to share feedback about the program, as well as a story about your experience.

## Can I meet with more than one Mentor?

This program is intended to connect students and UC San Diego alumni, staff, faculty and parents for a 1:1 match. When this program concludes, you may choose to continue reaching out to more Tritons through Tritons Connect.

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## Can I choose a specific Mentor?

Yes, please access the pool of Mentors and select the one that you believe will be a good match for you. Keep in mind that Mentors have volunteered for this program and are looking forward to supporting you in a meaningful way.

## I'm ALL IN and have signed up to participate! Any words of wisdom regarding how I can prepare?

Great! This is a great opportunity to network with Triton professionals and get valuable career advice. Your Mentor can offer insider's advice about their personal and professional experiences following graduation from UC San Diego that may be useful as you expand your network and consider your future career.

## Connect with your Mentor

After you are matched with a Mentor, send them a message to coordinate a meetup to happen in the weeks leading up to and through Spring Break – March 20-25.

## Introduce yourself

Introduce yourself with enthusiasm. Include your UC San Diego college and major, expected graduation year, career or industry interests and any questions. After your Mentor responds, follow up to schedule and confirm the meeting. Keep in mind that you can schedule a Zoom Meeting through your campus account, confirm a date/time and start a meeting on-the-spot using Tritons Connect Video Chat or find a time and location to meet in-person.

## Plan for your meeting

### How can I prepare for a productive conversation?

Before meeting with your Mentor, review your Mentor's Tritons Connect profile and research their industry and employer online via LinkedIn.

### What questions should I ask my Mentor?

Here are some general questions you may ask to get the conversation going:

- Please tell me about you and your current role and something you truly enjoy about your work and workplace.
- How did you get started in this field? Do you directly use your undergrad major in your work?
- Can you share how being a UC San Diego graduate influenced your career journey?
- What are the major responsibilities of the position?

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- What's an interesting project you're working on? Do you individually or on a larger team?
- What skills or abilities are most important to succeed in this job?
- What are the opportunities to advance in this job within your company or outside your company?
- Given the pandemic and current events, do you have any additional advice to help me prepare for my career search during this challenging time?
- Is there anyone else you might recommend I talk to about this field?

## Bring an open mind

Everyone has experience you can benefit from, even if they did not attend the same UC San Diego college or professional school, or pursue the same major area of study. Ask about school, volunteer and extracurricular experiences, skills, interview and CV advice or tips for how to improve your Tritons Connect or LinkedIn profiles. It is always good to receive a variety of perspectives and build a diverse network.

## What should I do after the meeting?

Write and send a genuinely friendly thank you note and mention something interesting or meaningful that you learned through the conversation. If it makes good sense to do so, express an interest to stay connected.

## Any other tips?

- Review networking advice, [here](#).
- Download and browse the [Triton Career Guide](#) for helpful tips and information.
- Download templates and prepare a stand-out resume, [here](#).

## How do I make sure that I receive program notifications and messages from my Mentor?

Update Tritons Connect Notification settings and download the App!

Under your profile settings, turn on the email and mobile notifications so that you never miss a notification from your Mentor. If you have not downloaded the app, visit the [App Store](#) or [Google Play Store](#) and download the Tritons Connect App. Please note that the App in the App Store appears as "Graduway Community."

## Contact

If you have questions or need advice leading up to your match experience, Career Center advisers are available to help. You can contact us at [careercenter@ucsd.edu](mailto:careercenter@ucsd.edu).