

TAKE A TRITON TO WORK

MENTOR FAQ + GUIDE

What is Take a Triton to Work?

Some of the most influential experiences for our Triton students is when they have the opportunity to connect and engage with fellow Tritons. The Take a Triton to Work program provides student 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. A short amount of time can have great impact.

As we transition to a hybrid work environment, we recognize that some interactions will continue to happen remotely. As such, global alumni connections through Take a Triton to Work continue to be very valuable. While virtual career exploration conversations are relatively easy and can help a student gain confidence, make decisions, explore new career paths and build their network, we also want Mentors to offer Job Shadowing experiences – either virtual or in-person, if they are in a position to do so.

How do I participate as a Mentor?

To be an Alumni Mentor for the Spring 2022 program, you simply need to join/update your Tritons Connect profile – ideally by March 1, 2022.

- Join/Login to Tritons Connect.
- Complete/edit your profile by clicking on “Edit Profile” in the upper right-hand corner.
 - Upload a photo.
 - Add information about your Job Title, Company, Industry and Job Function.
 - In the Summary Section, write a response to this question, “Why do you want to be a Take a Triton to Work Mentor?”
 - Scroll down to the “Offer Mentoring” section, choose **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.

Students will have the opportunity to access, search and find a match beginning March 1, 2022.

What makes a good Mentor?

Good Mentors:

- ✓ Are willing to assist with the personal and professional development of a student and provide feedback
- ✓ Are able to meet individually (in-person, phone, or Zoom) with a student at least once during the month of March
- ✓ Are skilled at interpersonal communication
- ✓ Are highly regarded within their field for their integrity and professionalism

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What is the matching process?

Students will leverage Tritons Connect, an exclusive online community of UC San Diego alumni, students, staff and faculty, to identify and request a Take a Triton to Work Mentor. Upon request by a Mentee, we can use a proprietary algorithm to pair a Mentee with a Mentor based on their academic emphasis and career interests.

When is Take a Triton to Work?

Student outreach to confirm Take a Triton to Work meetups will begin on March 1, 2022, with either virtual or in-person meetups happening during UC San Diego's Spring Break, March 20-25, 2022. Your meetup is based on you and your Mentee's availability.

What does a typical meetup look like?

The meeting itself is dependent on your time and the nature of your industry and profession. Ideally, the experience will be a friendly career conversation where your student can learn more about your career field and the path that took you from UC San Diego to where you are today. Similarly, feel free to ask questions about your student to gain insight about them, the university and today's learning experience.

Mentees are empowered to coordinate a meetup with Mentors. The meeting itself is based on availability and the preferences of you and your Mentee 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 your student can learn more about your career field and the path that took you from UC San Diego to where you are today. Similarly, feel free to ask questions about your student to gain insight about them, the university and today's learning experience.

What are my responsibilities as a Mentor?

Please respond to incoming messages in a timely manner. Confirm and participate in either a career conversation, coffee chat or job shadowing opportunity in an open and friendly manner. If you and your Mentee are comfortable doing so, please take and post a photo on social media to show your Triton pride: use #TakeATritonToWork. Following the meeting, please feel free to share feedback about the program, as well as a story about your experience. We will circulate a survey in April.

Can I host more than one student and/or meet with my student more than once?

Absolutely! And, we may need you to host more than one career-building experience depending on how many students register to participate. When this program concludes, you may choose to continue mentoring more students and/or fellow alumni through Tritons Connect.

Can I choose a specific student to host?

No. For this program, we are encouraging students to reach out and make a connection.

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

We appreciate your interest to share your personal and professional journey with a current UC San Diego student. For this program, your job as a Mentor is to offer insider's advice related to your UC San Diego and post-graduation experiences that led you to your profession. What do you do? Why do you do it? What have you done? What did you learn at UC San Diego? What have you learned since? What do you know now that you wish you had known earlier?

Connect with your Mentee

After you are either hear from a student requesting you as a Mentor, please respond to his or her communication in a timely manner and briefly introduce yourself. Based on your interests and availability, confirm the timing for either an in-person or virtual meetup to happen in the weeks leading up to and through Spring Break – March 20-25, 2022. Your student can schedule a virtual appointment through Zoom Meeting or Tritons Connect Video Chat. Or, you two can decide if it's better for you to schedule and confirm the meeting.

Reflect on your personal story prior to the meeting

Introduce yourself

Give a short introduction about yourself including your college and major, graduation year, industry, employer, current role, interests and more. Your student will have prepared a few questions to get the conversation going. Feel free to share your expertise and professional experience with your Mentee and also allow time to learn more about your student and today's UC San Diego learning experience.

Best mentoring practices

Before meeting with your Mentee, review your own expectations and decide what you will be comfortable sharing in your role as a Mentor. Also, consider the following best practices:

- Value the Mentee as a person
- Listen actively
- Ask open, supportive questions
- Think of yourself as a "learning facilitator" rather than the person with all the answers
- Remember you are not evaluating the mentee; you are assisting, coaching and supporting them
- Provide constructive feedback
- Enjoy the conversation

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

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 mentee. 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 help, please contact UC San Diego Alumni at alumni@ucsd.edu.