



# Mentoring Program

## Frequently Asked Questions

- **Why should I join the Mentoring Program?**
  - Mentors are empowerment tools. They help build networks, provide the push needed to take next steps, open doors, and help one grow both professionally and personally. Do not just take our word for it though, read what recent participants have said:
    - *"I would highly recommend this program to others. As a first-generation college student, it has been immensely helpful in providing the guidance, resources, and support I needed to navigate my academic and professional journey. The program has been instrumental in helping me build confidence, develop essential skills, and create a clear path toward my goals."* (Yeeny A.P '25)
    - *"As a mentor, it is rewarding to see your mentee(s) grow and succeed, and the program provides both mentors and mentees with valuable tools and support. The opportunity to make a real difference in someone's professional development is something I believe many would benefit from, and the connections made through the program are lasting and impactful."* (Stefanie W.)
- **What is the process?**
  - Complete an application (once submitted, a confirmation email will be sent from the Mentoring Program):
    - [Students](#)
    - [Mentors](#)
  - Once paired, both the mentor and student will receive an introductory email.
    - Students should make the initial follow-up to mentor to introduce themselves and schedule their first meeting. ([Email Template](#))
  - Review the [Mentorship Agreement](#) (this is to set goals and meeting preferences) together during the first meeting. Signed contracts can be sent to [usg-mentorshipprogram@umd.edu](mailto:usg-mentorshipprogram@umd.edu)
- **Why do we receive surveys?**
  - The surveys are meant to resemble performance evaluations. It gives you the ability to check-in and see if goals are being reached or if anything needs to be adjusted. It also provides feedback to the program. (Your feedback is greatly appreciated!)
- **Why is there a deadline to sign-up for traditional mentoring?**
  - Since the program is only a semester long (with the option to extend into further semesters), the deadline allows for participants to have enough time to meet and set/reach goals. Students who only request flash mentoring (1, 1-hour session) can be paired at any time during the semester.



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- **Why was I paired with someone not in my industry or career path?**
  - The pairing process is two-fold: 1. What does the student need? 2. Who is the best mentor to help reach the student's goal(s)?
    - Individuals in your industry or career path can assist you in learning more about options within the field, build your network, and identify programs, certifications, and professional groups that would benefit your growth within your career. However, they might not be the ones who can help you reach other goals such as career competencies (hirable skills/soft skills), e.g., public speaking, written communication, leadership, etc. A person outside of your industry can give you the chance to learn more about other careers and industries that you might not have envisioned before (maybe you did not realize you could work in the medical field or you did not give non-profit work a thought) while also building your network and social capital.
- **I have been paired, now what?**
  - Send your mentor an email introducing yourself and set up a time to meet. This might be the hardest part of the whole process but you can use this [Email Template](#) to begin the conversation.
- **I am having trouble reaching my mentor/mentee. Who do I notify?**
  - Please reach out to [usg-mentoringprogram@umd.edu](mailto:usg-mentoringprogram@umd.edu) so that they can take next steps.