



Ollscoil
Teicneolaíochta
an Atlantaigh

Atlantic
Technological
University

Alumni

The ATU Alumni Mentorship Programme Becoming a Mentee

The ATU Alumni Mentorship Programme aims to bridge the gap between academic learning and professional development, providing students with the tools and support they need to get a head start on their careers.

The mentors in this programme are former ATU students who understand your journey. As a mentee, you will gain practical knowledge and guidance from mentors who have walked the same path.



Benefits of being a mentee:

- Alumni mentors provide valuable advice on career paths, industry trends, and job market demands. This can help you make informed decisions about your future career and provide a broader view of where your degree can take you.
- This mentorship programme connects you with professionals. This may lead to internships, job opportunities, and introductions to other industry contacts.
- Mentors offer guidance based on their own experiences. This can help you navigate academic and career challenges more effectively.
- Participating in mentoring programmes can help develop soft skills like communication, problem-solving, and time management through interactions with your mentor.
- Having a mentor provides you with encouragement and support. This can help boost your confidence and motivate you to pursue your goals.
- Alumni mentors share real-world experiences and practical knowledge that can't be learned in a classroom. This can give you a clearer understanding of what to expect as you embark on your career.
- The relationships built through mentorship programmes can last beyond the formal mentoring period, offering ongoing support and guidance as you transition into your professional life.

What's involved?

This is a structured mentorship programme which ensures each session focuses on key topics vital for preparing mentees for success in the professional world, whether preparing for work placements or life after university.

Having a structured approach for this programme eliminates the pressure of planning topics for mentees. Additionally, mentees and mentors will be given valuable resources from the ATU Careers Office to help get the best out of the time spent with a mentor, ensuring every interaction is meaningful and productive.

The Alumni Office and the Careers Office will regularly check in with mentees to offer additional support as needed.

Key programme details:

- Mentees are expected to arrange a minimum of five one-hour meetings with their mentors, for the programme duration from November to April.
- Mentors are encouraged, where possible, to arrange a workplace visit for mentees.
- The Alumni Office and Careers Office will hold briefing meetings at the beginning and end of the programme to ensure everyone is engaged with the programme.



Programme Schedule

ATU Alumni Mentoring Programme Schedule

September - October Expressions of interest are invited from mentee and mentors who wish to participate in the programme.

October Welcome session for all new mentors and mentees.
The session will provide an overview of the programme with inputs from the Alumni Office, Careers Office, including an overview of the matching process.

November Introduction meeting between the mentor and mentee.
Orientation session for matched mentors and mentees with the Careers Office and Access Office.

Meetings Between Mentor and Mentee

November 2024 Introduction meeting

December 2024 Career progression plan

January 2025 CV and interview skills

February 2025 Workplace visit

March 2025 Networking event

April 2025 Closing event

If you are interested in becoming a mentee in the ATU Alumni Mentorship Programme, please email alumni@atu.ie or visit atu.ie/alumni for more information.

Always Connected
Always Learning
Always Inspired
Always ATU