



Ollscoil  
Teicneolaíochta  
an Atlantaigh

Atlantic  
Technological  
University

# Alumni

## The ATU Alumni Mentorship Programme Becoming a Mentor

The ATU Alumni Mentorship Programme aims to support and guide students as they navigate the journey from academia to the professional world.

As a mentor, sharing your own experience, expertise, and career journey with a mentee, you have the potential to play a key part in a current ATU student's career development and help shape their future.



## Benefits of being a mentor:

- Mentoring offers a sense of personal fulfilment from helping others succeed. Seeing mentees grow and achieve their goals can be highly rewarding.
- Mentoring can enhance leadership and communication skills, as mentors need to effectively guide, advise, and support their mentees.
- Mentors often gain new perspectives and insights from their mentees, which can contribute to their own professional growth and development.
- Mentoring helps alumni stay connected to their alma mater, keeping them engaged with the university community and current trends in education.
- Mentoring allows alumni to give back to the community that supported their own growth and success, creating a sense of legacy and continuity.
- Mentoring can expand a professional network, as it can involve connecting with other mentors, mentees, and university staff.

## What's involved?

This programme offers a structured approach where each session focuses on key topics to thoroughly prepare mentees for the professional world. Mentors provide guidance and support throughout the journey, having experienced and gone through this part of life before.

To get the most out of the time you have with your mentee, both mentors and mentees will be given career mentoring resources to help guide and enrich the mentorship sessions.

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

## Key programme details:

- Mentors are expected to hold a minimum of five one-hour meetings with their mentees, 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](mailto:alumni@atu.ie) or visit [atu.ie/alumni](http://atu.ie/alumni) for more information.

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