

# ALL Program Resource Guide

## Participant Guide

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### General Guidelines

- Students should be drivers of the relationships and have an idea of what they would want from a mentor.
  - If students are unsure how to best utilize the relationship, work with your Leader to discuss how to make the most of this opportunity.
- The frequency of meetings is up to the pair to decide; however, we suggest that pairs have regular communications with one another.
- This program is meant to not only serve as a space for professional and career development but that can also support personal development.
- Be patient with one another and know that you both have a lot of other responsibilities, challenges, and feelings on your plate.

### Relationship Roadmap

If you are looking for something more structured, here is a checklist of how to get your relationship started.

- Step 1:** Student sends introductory email to alum within two weeks of match notification
  - Set up first meeting/conversation
- Step 2:** Have your initial meeting
  - Set expectations for the relationship
    - How often you will meet?
    - What does the Learner want to get out of the program?
  - Set goals/intentions for your mentorship relationship
    - Is there a process the Learner wants guidance through?
    - Is there something specific that the Learner wants to accomplish or complete with their Leader's help?
- Step 3:** Connect with Leader/Learner on a regular, pre-determined basis
- Step 4:** Participate in ALL Mentorship Program community programming and events
- Step 5:** Closure conversation



Utilize the list of discussion topics in the Leader and Learner profiles and see where you align. [Log in](#) to review your match's profile. Here are some ideas to guide your conversation:

- Academics
  - Navigating Northwestern
  - Providing insight into how to maximize your university education
  - Choosing a major, picking classes, finding extracurricular activities, etc.
  - Pursuit of advanced degree/Applying to graduate school
- Personal
  - Navigating relationships
  - Transitioning to life after school
  - Reckoning with a negative undergraduate experience
  - Overcoming imposter syndrome
- Professional
  - Sharing insights into different sectors/specialties of your industry
  - Career advancement: negotiation, promotion, managing up
  - Intersection of identity, interests, and career
  - Networking/informational interviewing/introduction to others in your field

## Reminders!

- Learners should not be directly asking for internships/job opportunities
- Consistent communication is key
- Leaders and Learners should be respectful and responsive to their match

## Looking for More Help?

Check out our library of resources:

- [Getting Started Guide for Learners](#)
- [Getting Started Guide for Leaders](#)
- [Setting the Tone for Our Mentorship Partnership](#)
- [Mentorship Agreement](#)
- [First Meeting Guide for Leaders](#)
- [Sample Agenda for Initial Meeting](#)
- [Career Exploration: Questions to Ask Your Mentor](#)
- [Goal Setting](#)
- [How to Be a Good Mentee](#)
- [Suggested Activities and Discussion Topics](#)