

# Strive to Thrive

## Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni

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### The Role of Mentorship in Student Success

The opportunity of a professional mentorship can give you exclusive insight and support as you navigate your early career with someone who has already broken into the industry. This report highlights the benefits of mentorship, how to find a mentor, roles and responsibilities and how to navigate and maintain your mentor relationship.



#### What is a mentor?

A professional mentor is usually someone with professional work experience in a similar industry aligned with your interests who can support and guide you through your post-secondary career.

#### Why is it important?

##### Personalized Guidance:

Tailored advice and answers to your questions, particular to your career interests.

##### Skill Development:

Gain and develop your skillset by leveraging resources and advice from your mentors.

##### Career Planning:

Your mentor can provide sound advice based on their career journey and how they got to where they are now.

##### Confidence Building:

Support and encouragement from your mentor can help you build your confidence to realize your potential.



# How to Find and Approach a Mentor

## Where to Look?

- On-campus programs
- Alumni networks
- Professional associations
- LinkedIn and other networking platforms

## Approaching a Potential Mentor:

- Craft a compelling introduction
- Express your interest in their guidance
- Be clear about what you hope to gain

## How to Get Involved?



# Roles and Responsibilities

Mentor Responsibilities	Mentee Responsibilities
<ul style="list-style-type: none"><li>• Provide guidance and support</li><li>• Share knowledge and experience</li><li>• Offer constructive feedback</li><li>• Help with networking tips and advice</li></ul>	<ul style="list-style-type: none"><li>• Be proactive in seeking advice</li><li>• Show commitment and respect</li><li>• Prepare for meetings</li><li>• Implement feedback and take action</li><li>• Provide updates on career/ professional development progress</li></ul>

# Key Topics to Discuss with Your Mentor



# Maintaining a Successful Mentorship Relationship

## ➤ Regular Communication:

- Scheduling consistent check-ins.

## ➤ Setting Boundaries and Expectation:

- Understanding each other's availability and limits.

## ➤ Showing Appreciation:

- Acknowledging the mentor's time and effort.


## ➤ Flexibility and Adaptability:

- Being open to changes in the mentorship as it evolves.

## ➤ Evaluating Progress:

- Regularly reviewing goals and achievements.



**Did you know?**  You can easily find and connect with TRSM Alumni that are in career paths of your interest on LinkedIn using a special feature. Read more [here!](#)

## Visit the Business Career Hub

### Employer Events

Interested in expanding your network and meeting industry professionals? BCH organizes and hosts many industry events - refer to your 'Careers Newsletter' or visit [here](#).

### Bootcamps

Advance your technical, earn digital badges, and gain an advantage in today's workforce through Bootcamps. [Click here to register for current bootcamps.](#)

### Career Help

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.

## Additional Resources

### Fit For Business

Fit for Business (FFB) is a program for 1st year TRSM students, offering a supportive community to help them succeed academically, personally, and professionally. For more information, click [here](#).

### Tri-Mentoring

The Tri-Mentoring Program (TMP) focuses on helping students find a sense of belonging on campus through personalized mentorship. For more information, click [here](#).

### Indeed

Indeed offers several resources and articles to help both mentors and mentees make the most of their professional relationships. For more tips and tricks, click [here](#).



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### Career Consultant Contributor

#### Tania Rasie

Tania is a Career Consultant and a graduate of the Ted Rogers Co-op program. She has experience in campus and early talent recruitment within the IT industry. She aims to assist students in uncovering their career passions while leveraging their unique strengths.



### Student Contributor

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Pranaya is a Global Management student at TRSM, working at the BCH as a Client Engagement Associate. She enjoys engaging in creative endeavors and loves connecting with people. She has a particular interest in events and project management.