

Types of mentoring

Short term

Focus is on a particular issue.

Mentors offer one-off sessions to support students with a specific task or goal.

Examples

- CV advice and guidance
- Interview practice
- Providing insight into a specific role

Long term

Focus is on a range of issues.

Mentor relationship might be ongoing over a number months or years and focus on the student's career plans and development.

Examples

- Building a strong online profile
- Learning a new skill

Methods

Depending on your goals, you can choose from a variety of mentoring methods:

- Email (e-mentoring)
- Telephone
- Video call
- Face-to-face

Typically the mentor and mentee arrange designated times to discuss issues, make plans to resolve and then review.

The formal vs informal nature of the sessions is down to those involved. However each session should have a purpose.