

**Staff/OA Mentorship Map**

Professional (Future)

Skill Builders & Shadowing

Access to Opportunities

Feedback for Growth

Career Guidance & Strategic Partner

Professional (Current)

Community

Sponsorship

Navigating UO & Higher Ed

Engagement & Service

Name

**Well-Being**

Role Models

Balanced Resources

Safe Space

Personal and Emotional Support

Family

Friends

Other

## Professional (Future)

- **Skill Builders & Shadowing:** Individuals who provide guidance on building skills you would like to obtain or sharpen as well as individuals who are in roles you would like to shadow (for skill building and for future career pathways).
- **Access to Opportunities:** Individuals who provide resources and guidance for future professional and personal opportunities that are internal and external.
- **Feedback for Growth:** Individuals who provide feedback that advances work in a meaningful way such as feedback on written drafts, oral presentations, job materials, etc.
- **Career Guidance & Strategic Partner:** Individuals who provide support and strategic thinking around career pathway development, career exploration, and guidance on navigating next steps in career.

## Professional (Current)

- **Community:** Individuals who promote intellectual growth and creativity through the open exchange of ideas both inside and outside of your department (peers, faculty, etc.).
- **Sponsorship:** Individuals who provide direct connections to opportunities (e.g., job interviews, speaking engagements) using their influence and networks.
- **Navigating & Higher Ed:** Individuals who provide information and experience around UO and can support your journey through higher education.
- **Public Engagement & Outreach:** Individuals who identify and encourage participation in volunteer opportunities that have impact inside and outside of the university.

## Well-Being

- **Role Models:** Individuals whose behavior, example, or success you want to emulate.
- **Safe Space:** A place or environment that fosters confidence and protects from exposure to discrimination, criticism, harassment, or any other emotional or physical harm.
- **Balanced Resources:** Support or a way to continue to balance things going on in your work/personal life as well as your social life.
- **Personal and Emotional Support:** Individuals who help you thrive while fully experiencing the diverse range of human emotions, experiences, and vulnerabilities.
  - **Friends**
  - **Family**
  - **Other:** Individuals/groups/organizations that are supportive of your mental and physical well-being.