

Undergraduate Student Mentorship Map

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Academic

- **Advising & Research/Scholarship Support:** Individuals who provide guidance on course selection, degree/program requirements, educational expectations, or individuals who support and guide research and scholarship activities (advisor, dissertation committee, other faculty, lab members, etc.).
- **Future Professional Guidance:** Individuals who assist in the discovery of work professions and potential careers (people at career fairs or career advisors).
- **Access to Opportunities:** Individuals who provide connections to internal and external opportunities such as internships, fellowships, programs, etc..
- **Future Education Resources:** Individuals who might be able to assist in the discovery of further education, post-undergraduate education (academic advisors at your current institution as well as other institutions).

Transitional

- Individuals who provide guidance during the transitional period in your life, whether that be an adult in the industry to give advice or someone in career advising service to assist in the transition between university and your profession.

Professional

- **Career Guidance:** Individuals who support job planning and preparation which can include career exploration, job application materials review, interview preparation.
- **Sponsorship:** Individuals who provide direct connections to opportunities (e.g., job interviews, speaking engagements) using their influence and networks.
- **Support in Work Community:** Individuals who provide support, guidance, and shared experience around future career pathways (e.g., someone in the field).
- **Public Engagement & Outreach:** Individuals who identify and encourage participation in volunteer opportunities that have impact beyond the university such as community service projects, non-profit work, public service.

Well-Being

- **Role Models:** Individuals whose behavior, example, or success you want to emulate.
- **Balanced Habits:** A way to continue to balance things going on in your work/academic life as well as your social life.
- **Safe Space:** A place or environment that fosters confidence and protects from exposure to discrimination, criticism, harassment, or any other emotional or physical harm.
- **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.